Mindluster Platform

About the course Lower body tabata workouts for beginners

Lower body tabata workouts course, in this course we will learn about the power of Tabata, a form of high-intensity interval training (HIIT), specifically tailored to target and strengthen the muscles of your lower body. This quick yet highly effective workout structure involves performing exercises at maximum effort for 20 seconds, followed by 10 seconds of rest, repeated over 8 rounds for a total of 4 minutes per exercise. Throughout the course, youâ€™ll explore a variety of lower body exercises, including squats, lunges, jump squats, and step-ups, all designed to work your quads, hamstrings, glutes, and calves. These exercises will not only build strength and endurance but also help improve balance, flexibility, and overall lower body power. We will guide you on proper form and techniques to ensure you perform each exercise safely and effectively. The intensity of Tabata will help you burn calories, increase your metabolism, and enhance muscle definition, all within a short period. Suitable for all fitness levels, this course offers modifications for beginners and more challenging progressions for advanced athletes. By the end, youâ€™ll have a complete lower body Tabata routine that can be done at home, in the gym, or anywhere!

Medical Category's Courses

Course Lesson(223)

Lesson 1 : **Lower Body HIIT for Strong Legs Fitness Blender HIIT Man Workout**

Lesson 2 : **37 Minute Bodyweight Cardio Training Lower Body Strength Butt Thigh Workout**

Lesson 3 : **Double Kettlebell Workout Fitness Blender s Calorie Blasting Kettlebell Training**

Lesson 4 : **Fitness Blender Barre Workout Video Free 39 Minute Barre Workout at Home**

Lesson 5 :
Pilates for Lean Legs Toned Core 33 Minute Pilates Workout Video by FitnessBlender com

Lesson 6 : **Squat Free Butt Thigh Workout No Squat Leg Workout by FitnessBlender com**

Lesson 7 : **Sweaty Fast Paced Upper Body Strength Cardio Training Workout**

Lesson 8 : **Lean Strong Strength Training and Toning Workout for Fat Loss**

Lesson 9 : **Kettlebell Cardio Workout by FitnessBlender com**

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Lesson 12 : **Tight Toned Beach Ready Body Workout by FitnessBlender com**

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Lesson 15 : **Fitness Blender Standing Ab Workout Toning Standing Abs Exercises**

Lesson 16 : **Fitness Blender s Lean Mean Legs Workout Booty Toning Thigh Slimming Exercises**

Lesson 17 : **Fitness Blender Total Body Boot Camp Bodyweight Workout to Tone Up Fast**

Lesson 18 : **Kettlebell HIIT Workout Fitness Blender HIIT Kettlebell Training**

Lesson 19 : **Fitness Blender HIIT Pyramid Workout Fun with Numbers Workout**

Lesson 20 : **Abs Obliques Cardio Blend Core Cardio Workout to Lose Belly Fat**

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Lesson 22 :
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Lesson 24 :
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Lesson 27 : **Upper Body Functional Strength Training Dumbbell Workout by FitnessBlender com**

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Toned Curvy Body Workout Dumbbell Exercises to Get Curves when you are Naturally Slender

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Lesson 191 : **Earn your Workout Complete NEW 4 Week FB Burn Round 2 Now Available**

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Lesson 193 : **43 Minute Upper Body and Cardio Kickboxing Workout with warm up cool down**

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Lesson 223 : **Kettlebell Lower Body HIIT for Strength and Power**

Related courses

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