Mindluster Platform

About the course Fat burn workouts at home

Fat burn workouts course, in this course you'll learn effective strategies to burn fat and get fit. This course offers a variety of high-intensity workouts tailored to different fitness levels, helping you improve stamina, strength, and endurance. Weâ€™ll cover core exercises, cardio routines, and strength training techniques to accelerate fat loss and promote muscle toning. Whether you're aiming to shed a few pounds or achieve a significant transformation, this course will guide you through structured plans, ensuring you stay motivated and consistent. Start your journey to a healthier, leaner body with our expert tips and personalized workouts today.

Medical Category's Courses

Course Lesson(437)

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Lesson 2 : **Day 3 Daily Weight Loss Routine 136 calories**

Lesson 3 : **Daily Weight Loss Routine Day 1 130 calories**

Lesson 4 : **10 Minutes A Day Total Body Workout Day 1**

Lesson 5 : **Best Exercises For Weight Loss Home Workout**

Lesson 6 : **How To Get A Slimmer Body 4 Weeks Challenge**

Lesson 7 : **9 Min Everyday Watch How You Lose Weight**

Lesson 8 : **11 Minutes 9 Easy Exercises To Burn Fat Fast**

Lesson 9 : **10 Min Workout After Long Break**

Lesson 10 : **8 Simple Exercises You Should Be Doing Everyday**

Lesson 11 : **10 Day Challenge 10 Minute Workout To Lose Fat Fast**

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Lesson 14 : **10 Pound Early Morning Workout Challenge**

Lesson 15 : **15 Day Challenge Workout 1 Burn Calories and Melt Fat**

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Lesson 379 : **29 Minute Hourglass Workout Lose Waist Fat with Targeted exercises**

Lesson 380 : **3 Week Thigh Fat Burning Exercises at Home Tone and slim**

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Lesson 383 : **7 Day No Jumping Stomach Fat Loss Workout**

Lesson 384 : **42 Minutes Weight Loss Workout â€“ Slow Exercise at Home**

Lesson 385 : **Lose Belly Fat Thigh Fat in 2 Weeks Home Workout**

Lesson 386 : **Lean Arms Chest Belly â€“ Upper Body Core Workout**

Lesson 387 : **10 Best Exercises in the Morning kickstart your metabolism**

Lesson 388 : **30 Min Exercise Routine for Flat Belly and Round Glutes**

Lesson 389 : **14 Day Gentle Weight Loss Workout**

Lesson 390 : **Lose Stubborn Belly Fat and Leg Fat â€“ Exercise at Home**

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Lesson 415 : **30 Minute Full Body Fat Burner â€“ No Jumping Needed**

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Lesson 421 : **20 Easy Exercises for Belly Fat Reduction â€“ No Jumping Required**

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Lesson 423 : **Shrink Thighs and Lower Belly Fat 21 Day Challenge**

Lesson 424 : **30 Minute Standing Abs Routine â€“ Low Impact Belly Fat Burner**

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Lesson 431 : **Gentle Exercises to Burn Belly Fat Standing Workout**

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Lesson 435 : **1 Month Gentle Workout to Lose Belly Fat**

Lesson 436 : **30 Minutes of Exercises to Lose Weight Quickly and Effectively at Home**

Lesson 437 : **Impact Free Belly Fat Loss with Standing Exercises**

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