Mindluster Platform

About the course Broomstick workouts at home

Broomstick workouts course, in this course we will explore a series of exercises that use a simple broomstick or any straight stick to enhance your workout routine. These exercises are designed to improve flexibility, strength, and posture by incorporating the broomstick as a tool for balance, alignment, and resistance. You'll learn proper techniques for a range of exercises, including stretches for the shoulders, back, and hips, as well as core-strengthening moves like twists and lunges. The course is ideal for all fitness levels, offering both beginner and advanced variations to ensure progressive improvements. These broomstick workouts can be done at home with minimal space and equipment, making them perfect for anyone seeking a versatile and effective exercise routine. By the end of the course, you'll have a full-body workout plan that enhances mobility, balance, and overall strength. Start today to experience the benefits of broomstick exercises.

Medical Category's Courses

Course Lesson(8)

Lesson 1 : **20 Minute FULL BODY BROOMSTICK WORKOUT to Sculpt Your Dream Body**

Lesson 2 : **20 Minute FULL BODY Broomstick Workout for Strength and Flexibility**

Lesson 3 : **20 Min Beginner Broomstick WorkoutSLIMMER WAIST BROOMSTICK WORKOUT**

Lesson 4 : **45 Minute Standing Abs Broomstick Workout to Tighten Your Tummy**

Lesson 5 : **20 Min Standing Broomstick Workout for Full Body Toning Burn 150 Calories**

Lesson 6 : **20 Minute Standing BROOMSTICK WORKOUT FOR ABS Beginner Friendly**

Lesson 7 : **30 Min Broomstick Workout for A Flat Belly and Slim Waist**

Lesson 8 : **1 HOUR Broomstick Workout for Full Body Toning and Core Strength**

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