Mindluster Platform

# About the course Sitting workouts at home

Sitting workouts course, in this course we will explore a variety of exercises designed to be performed while seated, making them perfect for individuals with limited mobility or those looking for low-impact workouts. This course focuses on strengthening muscles, improving flexibility, and enhancing cardiovascular health, all from a sitting position. You'll learn a range of exercises targeting the upper body, core, and legs, using bodyweight, resistance bands, or light weights. Movements like seated leg lifts, seated punches, and chair twists will be demonstrated with proper form to maximize benefits. These workouts are ideal for anyone looking to stay active while minimizing strain on the joints. Whether you're recovering from an injury, working in an office, or simply seeking a different kind of workout, this course offers an effective way to stay fit. By the end, you'll have a complete routine to maintain strength, flexibility, and overall fitness while seated. Start today and enjoy the benefits of sitting workouts.

**Medical Category's Courses**

# Course Lesson(17)

Lesson 1 : **45 Minute Chair Workout for Abs and Core Strength No Repeats**

Lesson 2 : **30 Minute Sitting Home Workout for Flat Belly and Toned Abs**

Lesson 3 : **30 Minute OBESE CHAIR WORKOUT for Fat Loss and Muscle**

Lesson 4 : **10 Minute SEATED FULL BODY WORKOUT for Beginners No Equipment**

Lesson 5 : **20 Min Sitting At Home Workout for Losing Belly Fat Fast 2KG Dumbbells**

Lesson 6 : **30 Min Sitting Chair Workout for FAST FAT LOSS Beginner Friendly**

Lesson 7 : **20 Min SITTING CHAIR WORKOUT for Full Body Toning and Ripped Abs**

Lesson 8 : **30 Minute Chair Exerises for Weight Loss No Weights150 Calories**

Lesson 9 : **30 Minute Dumbbell Chair Workout to Strengthen Core and Burn Fat**

Lesson 10 : **30 Minute SITTING DUMBBELL WORKOUT for Full Body Toning and Fat Loss**

Lesson 11 : **20 Minute SITTING Chair Workout to Reduce A Hanging Belly Fast**

Lesson 12 : **30 Minute Chair Exercises for Weight Loss No Equipment Needed**

Lesson 13 : **10 Minute Morning Sitting Workout to Burn Fat ALL DAY**

Lesson 14 : **20 Minute UPPER BODY WORKOUT SITTING DOWN With 5KG Dumbbells**

Lesson 15 : **30 Minute One Dumbbell Sitting Workout to Build Upper Body Muscles**

Lesson 16 : **30 Minute CHAIR WORKOUT for Fast Weight Loss Fat Burning Sitting Workout**

Lesson 17 : **44 Chair Exercises for Obese People and Seniors**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**



for Business Contact
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