Mindluster Platform

About the course Dance workouts at home

Dance workouts course, in this course we will explore a fun and energetic way to stay fit through various dance styles. This course blends cardio with dance moves to help you burn calories, improve coordination, and boost endurance, all while enjoying upbeat music. Youâ€™ll learn choreographed routines inspired by different dance genres, including hip-hop, salsa, Zumba, and jazz, tailored for all fitness levels. Each workout is designed to elevate your heart rate, improve flexibility, and strengthen your core and legs, making it an effective full-body workout. We will also cover the basics of each dance style and break down movements to ensure youâ€™re comfortable following along, regardless of your dance experience. The course offers both low- and high-impact variations, so you can adjust the intensity to your needs. Whether your goal is weight loss, toning, or simply having fun while exercising, this course provides an enjoyable and creative way to stay active. Start today and dance your way to better fitness.

Medical Category's Courses

Course Lesson(29)

Lesson 1 : **15 MIN DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 2 : **15 MIN TIKTOK DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 3 : **ONE DIRECTION 15 MIN DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 4 : **15 MIN DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 5 : **15 MIN 90 s DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 6 : **15 MIN TIKTOK DANCE PARTY WORKOUT pt 2 Full Body No Equipment**

Lesson 7 : **15 MIN DANCE PARTY WORKOUT Ariana Grande Full Body Cardio**

Lesson 8 : **15 MIN TAYLOR SWIFT DANCE PARTY WORKOUT Full Body Dance Cardio**

Lesson 9 : **15 MIN JUSTIN BIEBER DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 10 : **15 MIN DUA LIPA DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 11 :
12 MIN KPOP DANCE WORKOUT BTS BLACKPINK MAMAMOO ë°©íƒ„ì†Œë…„ë‹¨ ë¸”ëž™í•‘í¬ ë§ˆë§ˆë¬´

Lesson 12 : **15 MIN DANCE PARTY WORKOUT 2000 s hits part 2 Full Body No Equipment**

Lesson 13 : **TAYLOR SWIFT FOLKLORE 15 MIN DANCE WORKOUT Full Body No Equipment**

Lesson 14 : **15 MIN CHRISTMAS DANCE PARTY WORKOUT burn calories to the classics**

Lesson 15 : **20 MIN 80 s DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 16 : **TAYLOR SWIFT EVERMORE DANCE WORKOUT Full Body No Equipment**

Lesson 17 : **Taylor Swift MIDNIGHTS DANCE PARTY 10 min full body workout**

Lesson 18 : **10 MIN DANCE PARTY WORKOUT Full Body Energy Boost**

Lesson 19 : **15 min HARRY S HOUSE DANCE PARTY WORKOUT full body no equipment**

Lesson 20 : **15 MIN TIKTOK HITS DANCE WORKOUT Full Body No Equipment**

Lesson 21 : **15 MIN THROWBACKS DANCE PARTY WORKOUT Full Body No Equipment**

Lesson 22 : **Taylor Swift All Too Well 10 Minute Version DANCE WORKOUT**

Lesson 23 : **10 MIN CHRISTMAS DANCE WORKOUT Feel Good Sweat Session**

Lesson 24 : **ONE DIRECTION 15 MIN DANCE PARTY WORKOUT part 2 Full Body No Equipment**

Lesson 25 : **15 MIN THROWBACKS DANCE PARTY WORKOUT pt 2**

Lesson 26 : **OLIVIA RODRIGO GUTS DANCE WORKOUT**

Lesson 27 : **30 MIN DUA LIPA DANCE WORKOUT Radical Optimism Full Body Cardio**

Lesson 28 : **10 MIN BRAT DANCE WORKOUT Charli XCX**

Lesson 29 : **SABRINA CARPENTER DANCE WORKOUT Short N Sweet Full Body Cardio**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com