Mindluster Platform

About the course Walking cardio workout at home

Walking cardio workout course, in this course we will explore a series of low-impact walking exercises that can be done at home to boost your cardiovascular health, burn calories, and improve overall fitness. This course will teach you how to maximize the benefits of walking by incorporating various movements such as marching in place, side steps, high knees, and arm swings to elevate your heart rate and engage different muscle groups. Youâ€™ll also learn how to use light weights or resistance bands to add intensity and further tone your body. Suitable for all fitness levels, this course offers both beginner and advanced modifications, ensuring you can progress at your own pace. Whether youâ€™re looking to lose weight, improve heart health, or simply stay active, these walking cardio workouts provide a safe and effective way to achieve your fitness goals. By the end of the course, youâ€™ll have a complete, easy-to-follow workout routine that you can do anywhere, anytime. Start today and enjoy the benefits of walking cardio.

Medical Category's Courses

Course Lesson(74)

Lesson 1 : **10000 Steps INTENSE Walk at Home Cardio Workout Melt 700 Calories**

Lesson 2 :
INTENSE FAT BURNER Walk at Home Workout Walk 10 000 Steps and Melt 700 Calories

Lesson 3 : **50 Minute Standing Abs Workout For Flat Belly with Dumbbells Burn 400 Calories**

Lesson 4 :
1 Hour FLAT TUMMY Walking Workout at Home Walk 7 000 Steps and Burn 500 Calories

Lesson 5 : **1 HOUR Belly Fat BURNER Walking at Home Walk at Home Workout Burns 550 Calories**

Lesson 6 : **1 HOUR High Energy Walking Workout For Fat Loss Burn 500 Calories**

Lesson 7 : **FUN 1 Hour Walk at Home Workout that Burns the Most Fat 600 Calories**

Lesson 8 : **1 HOUR Full Body Fat Burning Dumbbell WorkoutNo JumpingNo Repeat**

Lesson 9 : **58 10 Minute Indoor Walking with Weights Workout to LOSE ARM FAT 547 Calories**

Lesson 10 :
58 10 Minute CALORIE KILLER Walk at Home Workout Knee Friendly Workout544 Calories

Lesson 11 :
INTENSE Walk at Home Cardio Workout for Weight LossMelt 414 Calories in 46 17 Minutes

Lesson 12 : **58 11 Minute HIIT Walking Workout for A Flat BellyBurn 513 Steps and 7019 Steps**

Lesson 13 : **58 12 Minute HIGH ENERGY Walk at Home Routine Better Than Running 497 Calories**

Lesson 14 :
58 13 Minute Walking Workout to Lose Weight and Belly FatBurn 527 Calories7 014 Steps

Lesson 15 : **5 Mile HIIT Walking Workout to Lose Belly Fat Rapidly576 Calories**

Lesson 16 : **1 HOUR FAT TORCHER Walking Workout at HomeBurn 537 CaloriesWalk 7210 Steps**

Lesson 17 :
SWEATY and FUN Step Aerobics Workout for Losing FatBurn 510 Calories in 58 11 Minutes

Lesson 18 : **1 HOUR FULL BODY FAT BURN Walking Workout Boxing Inspired 521 Calories**

Lesson 19 : **The 1 HOUR HAPPY DANCE WALK WORKOUT Belly Flattening Cardio**

Lesson 20 : **FUN 1 HOUR WALKING WORKOUT for Weight LossBurn 600 Calories**

Lesson 21 : **Burn 500 Calories with This 1 HOUR Standing Cardio Workout Very Doable No Jumping**

Lesson 22 : **SWEATY FAT BURNER WALKING WORKOUT Best 1 Hour Cardio Workout**

Lesson 23 : **SWEATY 1 HOUR Walking Workout to Burn 600 Calories and Boost Metabolism**

Lesson 24 : **1 HOUR WALKING WORKOUT TO HELP YOU BURN FAT DAY AND NIGHT**

Lesson 25 : **1 WALKING WORKOUT FOR FAST FAT LOSS 1 Hour Fat Burner**

Lesson 26 : **1 HOUR JOGGING IN PLACE WORKOUT FOR FAST WEIGHT LOSS 600 CALORIES**

Lesson 27 : **1 HOUR WEIGHT LOSS WALKING WORKOUT AT HOME BURN 600 CALORIES**

Lesson 28 : **10 000 STEPS CHRISTMAS CHALLENGE FOR FAST WEIGHT LOSS**

Lesson 29 : **1 HOUR Arms and Abs Workout No Equipment Best Beginner Upper Body Workout**

Lesson 30 : **1 HOUR BELLY FAT BLASTER Walk at Home Workout Walk 7 000 Steps**

Lesson 31 : **1 HOUR Walking Cardio Workout for Weight LossBelly Fat Burner**

Lesson 32 : **1 HOUR SWEATY and SIMPLE Walking Workout For Fat Loss**

Lesson 33 : **1 HOUR Fat Burning Indoor Walking Workout for A Slim Body600 Calories**

Lesson 34 : **1 Hour 30 Minutes Indoor Jogging Workout for FAST WEIGHT LOSS900 Calories**

Lesson 35 : **FUN 10 000 Steps Walking In Place Workout to Burn 10KGS800 Calories**

Lesson 36 : **1 HOUR FUN and SWEATY Walking In Place Workout for Fast Weight Loss**

Lesson 37 : **1 Hour FAT MELTING Walk at Home Workout with Weights600 Calories**

Lesson 38 :
1 HOUR FULL BODY CALORIE BURNER WALKING WORKOUT For A Slim Body500 Calories

Lesson 39 :
500 CALORIES FAT BURNING LOW IMPACT WORKOUT 1 Hour Standing Abs Workout No Jumping

Lesson 40 : **1 Hour WALKING IN PLACE WORKOUT for Losing 10kgs FAST500 Calories**

Lesson 41 :
10 000 STEPS WALK AT HOME WORKOUT TO DESTROY BELLY FAT BURN 900 CALORIES

Lesson 42 : **1 Hour Walking In Place Workout for Losing Up to 5 Inches Off The Waist500 Calories**

Lesson 43 : **1 HOUR Walking Cardio Workout Burns Lots of Calories600 Calories**

Lesson 44 : **1 HOUR INDOOR WALKING WORKOUT TO TORCH BELLY FAT500 Calories**

Lesson 45 :
8KM Walking Workout at Home for Fast Weight Loss and Flat Tummy600 Calories in 1 Hour

Lesson 46 : **1 HOUR WORKOUT to Destroy Belly Fat Walking In Place No Equipment**

Lesson 47 : **5 MILE Walking In Place Workout for Fast Belly Fat Loss600 Calories in 1 Hour**

Lesson 48 :
1 HOUR HIIT Walking Workout at Home for Getting Slim Quickly SLIM BODY and FLAT STOMACH

Lesson 49 : **1 HOUR Indoor Walking Workout to Tone and Tighten Your Body**

Lesson 50 : **1 HOUR Walking at Home Workout to Flatten Your Stomach and Lose 20KGS**

Lesson 51 : **1 HOUR Walking at Home Workout to Melt Body Fat Overnight**

Lesson 52 : **1 HOUR BRISK WALKING IN PLACE WORKOUT for Losing BACK FAT FAST**

Lesson 53 : **10 000 Steps Walking In Place Workout to Lose 20Kgs Fast No Equipment**

Lesson 54 : **1 Hour FLAT TUMMY Walking Indoors with Weights Workout Sweat Buckets**

Lesson 55 : **1 Hour WALKING IN PLACE WORKOUT FOR RAPID WEIGHT LOSS Burn 550 Calories**

Lesson 56 : **1 HOUR BELLY FAT BURNER Walking at Home Workout for A Slim Waist550 Calories**

Lesson 57 : **1 Hour BRISK Walking In Place Workout to Burn Belly Fat and Melt 500 Calories**

Lesson 58 : **1 HOUR FAT BURNING WALK AT HOME WORKOUT Better Than Running**

Lesson 59 : **1 HOUR HIIT Walking Workout at Home to Lose 20kGS FAST580 Calories**

Lesson 60 : **1 HOUR ADVANCED Walk at Home Workout to Lose Fat in Trouble Spots**

Lesson 61 :
WALK YOUR WAY TO A SLIM WAIST IN 1 HOUR Walking In Place Workout 550 Calories

Lesson 62 : **1 Hour Weight Loss Walking In Place Workout For A Slim Body500 Calories**

Lesson 63 : **1 Hour WALKING WITH WEIGHTS WORKOUT to Destroy Body Fat Instantly**

Lesson 64 : **1 HOUR FLAT BELLY WALKING IN PLACE WORKOUT for Men and Women**

Lesson 65 : **7000 Steps Challenge1 Hour BELLY FAT Walk at Home Workout600 Calories**

Lesson 66 : **The Best 1 Hour Running In Place Workout for Losing 20 Pounds Burn 650 Calories**

Lesson 67 : **FUN 1 HOUR Walking In Place Workout to Lose Weight Rapidly**

Lesson 68 : **10000 STEPS WORKOUT for Fast Weight Loss Burn 750 Calories**

Lesson 69 : **1 Hour SUPER FUN Walking In Place Workout for Fast Weight Loss**

Lesson 70 : **BEST 1 HOUR WALK AT HOME WORKOUT FOR A HANGING BELLY**

Lesson 71 : **1 Hour DANCE CARDIO WORKOUT for Weight Loss for Beginners No Equipment**

Lesson 72 : **1 HOUR Broomstick Workout for Full Body Toning and Core Strength**

Lesson 73 : **1 Hour WALK AT HOME WORKOUT TO LOSE 10KGS No Equipment**

Lesson 74 : **1 HOUR STANDING ABS WORKOUT TO LOSE BELLY AND LOVE HANDLES**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology



for Business Contact
business@mindluster.com