Mindluster Platform

About the course Standing Ab workouts at home

Standing Ab workouts course, in this course we will focus on exercises designed to strengthen and tone your core muscles without the need to lie down. Standing ab workouts are effective for engaging your core while also incorporating balance, stability, and coordination. This course will teach you a variety of movements, such as standing oblique crunches, knee raises, side bends, and twists, all aimed at targeting the upper and lower abs, obliques, and lower back. You'll learn proper form and technique to maximize core engagement and avoid injury. These workouts are suitable for all fitness levels, with options to increase intensity as you progress. In addition to core strengthening, standing ab exercises also engage other muscle groups, including your legs and glutes, providing a full-body workout. Whether youâ€™re looking to build a stronger core, improve posture, or burn calories, this course will help you achieve your fitness goals. Start today and discover the benefits of standing ab workouts.

Medical Category's Courses

Course Lesson(84)

Lesson 1 : **Standing Ab Workout for Lower Abs 20 Minute Flat Belly Workout**

Lesson 2 : **Standing Core Workout for Beginners 20 Minute Easy Core Workout No Equipment**

Lesson 3 : **Standing Lower Abs Workout With Dumbbells 20 Minute Workout for A Flat Belly**

Lesson 4 : **20 Minute HIIT Standing Abs Workout No Equipment Flat Belly Home Workout**

Lesson 5 : **20 Minute Standing Abs Walking Workout Low Impact Abs Workout**

Lesson 6 : **Standing Abs and Oblique Workout 20 Minute Home Workout for Love Handles**

Lesson 7 : **Core Standing Dumbbell Workout for Beginners 15 Minute Dumbbell Tabata Workout**

Lesson 8 : **Standing Lower Abs Workout No Jumping 20 Minute Standing Abs Workout**

Lesson 9 : **High Intensity Standing Abs Workout 20 Minute Abs Workout Standing Up No Jumping**

Lesson 10 : **20 Minute Stability Ball Standing Abs Workout for Beginners**

Lesson 11 : **Intense Ab Workout for Weight Loss 20 Minute Standing Abs**

Lesson 12 : **10 Minute Standing Ab Circuit Standing Abs No Equipment**

Lesson 13 : **20 Minute Core Workout at Home Standing Core Workout No Equipment**

Lesson 14 : **20 Minute Dumbbell Workout Standing Abs Ab Workout with Weights**

Lesson 15 : **Intense Workout for Flat Stomach Standing Up 20 Minute Beginner Standing Abs**

Lesson 16 :
Standing Love Handles Workout with Weights 20 Minute One Dumbbell Oblique Workout

Lesson 17 : **Standing Lower Belly Fat HIIT Workout 20 Minute High Intensity Workout**

Lesson 18 :
The Best Standing Side Abs Workout 20 Minute Standing Oblique Workout No Equipment

Lesson 19 : **Core Circuit Workout No Weights 10 Minute Standing Beginner Workout**

Lesson 20 : **Dumbbell Abs Workout Standing 20 Minute Standing Abs Workout with Weights**

Lesson 21 : **Standing Abs Workout for Weight Loss 20 Minute Standing Workout**

Lesson 22 : **20 Minute Fun Standing Abs Workout 150 Calorie Workout at Home**

Lesson 23 : **20 Minute One Dumbbell Abs Workout Standing Flat Abs Workout with Dumbbells**

Lesson 24 : **10 Minute Beginner Standing Abs Workout Easy Standing Abs Routine**

Lesson 25 : **200 Calore Walking Workout for Abs Walk at Home Exercise in 20 Minutes 2400 Steps**

Lesson 26 : **1 Hour Standing Abs Workout for Flat Belly 500 Calorie Workout**

Lesson 27 : **20 Minute Standing Ab Workout for Belly Fat with Weights 180 Calories**

Lesson 28 : **20 Minute Standing Abs Cardio Workout No Equipment 215 Calorie Workout**

Lesson 29 :
20 Minute Standing Ab Workout No Jumping Abs and Oblique Workout Burn 180 Calories

Lesson 30 : **20 Minute Toned Abs Standing Workout No Equipment Beginner Standing Ab Workout**

Lesson 31 : **20 Minute Standing Abs Workout for Lower Belly No Jumping Standing Core Workout**

Lesson 32 : **20 Minute Standing Abs Workout Low Impact No Equipment 200 Calories**

Lesson 33 : **30 Minute Standing Lower Abs Workout for Beginners Abs and Oblique Workout**

Lesson 34 : **20 Minute Standing Abs and Legs Workout for Beginners No Jumping Workout**

Lesson 35 : **20 Minute One Dumbbell Standing Abs Workout Flat Stomach Workout**

Lesson 36 : **30 Minute Standing Abs Workout for Lower Belly Belly Blasting Workout 250 Calories**

Lesson 37 : **20 Minute Standing Abs Workout to Burn Belly Fat Build Abs and Strengthen Core**

Lesson 38 : **10 Minute Standing Abs Workout to Tone Your Tummy Standing Ab Circuit Workout**

Lesson 39 : **20 Minute Standing Abs Workout to Tighten Belly Beginner Standing Workout**

Lesson 40 : **20 Minute Standing Abs Workout for Flat Abs Beginner Standing Workout**

Lesson 41 : **EASY 1 HOUR Standing Abs Workout No Jumping 550 Calories**

Lesson 42 : **Best Morning Standing Abs Workout for Toned Abs 80 Calories in 10 Minutes**

Lesson 43 : **10 Minute Standing Workout for Lower Belly Fat 100 Calories**

Lesson 44 : **30 Minute Standing Abs Workout to Tone and Tighten Your Belly**

Lesson 45 : **20 Minute Extreme Ab Workout Standing Tone Abs and Oblique Muscles**

Lesson 46 : **30 Minute Standing Abs Workout for Small Waist and Ripped ABS**

Lesson 47 : **30 Minute Standing Abs Workout for A Slim and Toned Waist Do Every Morning**

Lesson 48 : **20 Minute Kettlebell Standing Abs Workout for A Toned Tummy**

Lesson 49 : **30 Minute Beginner Standing Abs Workout for A Slim and Flat Stomach**

Lesson 50 : **20 Minute ONE DUMBELL Belly Shredder Workout for A Toned TUMMY**

Lesson 51 : **30 Minute Standing Abs Workout to Tone Your Tummy Fast**

Lesson 52 : **20 Minute BELLY FLATTENING Standing Abs Workout with Dumbbells**

Lesson 53 :

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

Lesson 54 : **30 Minute Standing Abs Workout for Toned Stomach with Dumbbells**

Lesson 55 : **30 Minute Standing Abs Workout Workout to Tone Your Abs with Dumbbells**

Lesson 56 : **30 Minute LOWER TUMMY TRIMMER One Dumbbell Workout**

Lesson 57 : **10 Minute Morning STANDING ABS WORKOUT for a Toned Belly**

Lesson 58 : **30 Minute Standing Workout for Upper Abs and Lower Abs No Equipment No Jumping**

Lesson 59 : **30 Minute Standing Abs Workout to Tone Abs In 30 Days**

Lesson 60 : **Best 30 Minute Standing Oblique Workout to GET RID OF LOVE HANDLES**

Lesson 61 : **30 Minute Standing Abs Workout to go From Belly Fat to Flat Belly**

Lesson 62 : **30 Minute Dumbbell Workout to Blast Belly Fat and Sculpt Your Body**

Lesson 63 : **20 Minute One Dumbbell TABATA Standing Abs Workout for A Strong Core**

Lesson 64 :
ONE DUMBBELL WORKOUT AT HOME STANDING 30 Minute Standing Abs Workout at Home

Lesson 65 : **MIDSECTION WORKOUT FOR BEGINNERS 30 Minute Dumbbell Standing Abs Workout**

Lesson 66 : **FORGET ABOUT CRUNCHES 30 Minute Standing Abs Workout for Toned Abs**

Lesson 67 : **30 Minute Standing Abs Workout to Destroy Belly Fat with One Dumbbell**

Lesson 68 : **30 Minute FLAT STOMACH Standing Abs Workout with One Dumbbell**

Lesson 69 :
LOSE BELLY FAT FAST30 Min Standing Abs Workout No JumpingNo Equpment At Home

Lesson 70 : **FLAT TUMMY EXERCISES30 Min Belly Fat Shredder Dumbbell Workout200 Calories**

Lesson 71 : **30 Min STANDING FLAT BELLY WORKOUTNo Jumping Belly Fat WorkoutKnee Friendly**

Lesson 72 :
20 Min CLASSIC DUMBBELL WORKOUT for A Full Body TransformationStanding Abs 150 Calories

Lesson 73 : **20 Min Standing Midsection Workout Lose Lower Belly Fat and Love Handles**

Lesson 74 : **20 Min NO JUMPING Standing Abs Workout for A Slim Waist**

Lesson 75 : **30 Min FLAT BELLY WORKOUT Standing Abs Workout No Equipment**

Lesson 76 : **30 Minute Standing Abs Workout for A Flat Stomach No Rests No Repeats**

Lesson 77 : **30 Minute WEIGHTED STANDING ABS WORKOUT One Dumbbell Flat Belly Routine**

Lesson 78 : **20 Minute FLAT STOMACH AND SMALL WAIST WORKOUT Standing Abs No Equipment**

Lesson 79 : **20 Minute ABS WORKOUT WITH DUMBBELLS STANDING No Repeats 3kg Dumbbells**

Lesson 80 : **30 MINUTE standing Abs Workout with Dumbbells No Jumping**

Lesson 81 :
TOTAL BEGINNER CARDIO WORKOUT All StandingNo Squat No Jumping No Equipment 20 Minutes

Lesson 82 : **20 MIN STANDING ABS WORKOUT to Lose Belly Fat No Jumping No Repeats**

Lesson 83 :

30 Min FLABBY STOMACH Standing Workout Lose Fat Challenge Over 50 FLAT BELLY SLIM WAIST

Lesson 84 : **1 HOUR STANDING ABS WORKOUT TO LOSE BELLY AND LOVE HANDLES**

Related courses

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