Mindluster Platform

# About the course Surrenders exercise at home

Surrenders exercise course, in this course we will focus on a dynamic full-body exercise that targets your legs, core, and upper body. The Surrenders exercise involves transitioning from a standing position to kneeling and back up again, which engages the quads, glutes, hamstrings, and shoulders. In this course, you will learn proper form and technique to maximize the benefits of this exercise while minimizing the risk of injury. We'll explore beginner variations to advanced versions using weights, such as dumbbells, to increase intensity. This course is suitable for all fitness levels and aims to improve strength, balance, coordination, and overall endurance. Additionally, youâ€™ll discover how to integrate the Surrenders exercise into your existing workout routine, whether as part of a leg day, HIIT session, or total-body circuit. By the end, you'll have a complete understanding of how to perform this functional and challenging movement. Start today and elevate your fitness routine with the Surrenders exercise.

**Medical Category's Courses**

# Course Lesson(85)

Lesson 1 : **How to Do Plank Ups or Up or Down Planks Exercise of The Day 36**

Lesson 2 : **How to Do Plank Ups or Up or Down Planks Exercise of The Day 36**

Lesson 3 : **How to Do Plank Punches Correctly Exercise of The Day 35**

Lesson 4 : **How to Do Plank Punches Correctly Exercise of The Day 35**

Lesson 5 : **How to Do Plank Pike Correctly Exercise Of The Day 34**

Lesson 6 : **How to Do Plank Pike Correctly Exercise Of The Day 34**

Lesson 7 : **How to Do Lying Leg Raises for Abs Exercise Of The Day 33**

Lesson 8 : **How to Do Long Arm Crunches Exercise The Day 32**

Lesson 9 : **How to Do Long Arm Crunches Exercise The Day 32**

Lesson 10 : **How to Do Kneeling Hip Flexor Stretch Exercise of The Day 31**

Lesson 11 : **How to Do Kneeling Hip Flexor Stretch Exercise of The Day 31**

Lesson 12 : **How to Do Inchworm Push Ups Correctly Exercise of The Day 30**

Lesson 13 : **How to Do Inchworm Push Ups Correctly Exercise of The Day 30**

Lesson 14 : **How to Do High Crunches For Abs Exercise of The Day 29**

Lesson 15 : **How to Do High Crunches For Abs Exercise of The Day 29**

Lesson 16 : **How to Do Frog Crunches Correctly Exercise of The Day 28**

Lesson 17 : **How to Do Double Crunches Correctly Exercise Of The Day 27**

Lesson 18 : **How to Do Diamond Push Ups for Triceps Exercise Of The Day 26**

Lesson 19 : **How to Do Diamond Push Ups for Triceps Exercise Of The Day 26**

Lesson 20 : **How to Do Crunch Kicks Exercise of The Day 25**

Lesson 21 : **How to Do Cross Crunches Exercise Of The Day 25**

Lesson 22 : **How to Do The Clamshell Exercise Exercise Of The Day 24**

Lesson 23 : **How to Do Butterfly Sit Ups Correctly Exercise of The Day 23**

Lesson 24 : **How to Do Butterfly Sit Ups Correctly Exercise of The Day 23**

Lesson 25 : **How to Do Bear Crawls Correctly Exercise of The Day 21**

Lesson 26 : **How to Do Bridge Taps Correctly Exercise Of The Day 22**

Lesson 27 : **How to Do Squat with Side Leg Raise Exercise of The Day 19**

Lesson 28 : **How to Do Lateral Plank Walk Exercise of The Day 18**

Lesson 29 : **How to Do Lateral Plank Walk Exercise of The Day 18**

Lesson 30 : **How to Do Plank Thigh Taps Exercise of The Day 17**

Lesson 31 : **How to Do Plank Thigh Taps Exercise of The Day 17**

Lesson 32 : **How to Do Plank Toe Taps Exercise of The Day 16**

Lesson 33 : **How to Do Plank Toe Taps Exercise of The Day 16**

Lesson 34 : **How to Do Side Step Jacks Exercise of The Day 15**

Lesson 35 : **How to Do Side Step Jacks Exercise of The Day 15**

Lesson 36 : **How to Do Side Step Squats Exercise of The Day 14**

Lesson 37 : **How to Do Single Leg Raises Exercises of The Day 13**

Lesson 38 : **How to Do Standing Pike Crunch Exercise of The Day 12**

Lesson 39 : **How to Do Standing Pike Crunch Exercise of The Day 12**

Lesson 40 : **How to Do Star Toe Touch Sit Ups Exercise of The Day 11**

Lesson 41 : **How to Do Step Back Jacks Exercise of The Day 10**

Lesson 42 : **How to Do Step Back Overhead Reach Exercise of The Day 9**

Lesson 43 : **How to Do Straight Leg Bicycle Crunch Exercise of The Day 8**

Lesson 44 : **How to Do Sumo Squat Side Crunch Exercise Exercise of The Day 7**

Lesson 45 : **How to Do Superman Plank Exercise Exercise of The Day 6**

Lesson 46 : **How to Do Table Maker Exercise Exercise of the Day 4**

Lesson 47 : **How to Do Toe Touch Jumping Jacks Exercise of The Day 3**

Lesson 48 : **How to Do Toe Touch Kicks Exercise of The Day 2**

Lesson 49 : **How To Do Wall Crunches Exercise of The Day 1**

Lesson 50 : **44 Chair Exercises for Obese People and Seniors**

Lesson 51 : **How to Do Up and Out Jumping Jacks**

Lesson 52 : **How to Do Surrenders Exercise**

Lesson 53 : **How to Do Standing Side Crunches**

Lesson 54 : **How to Do Squat Jumping Jacks Exercise**

Lesson 55 : **How to Do Spiderman Plank Crunch Exercise**

Lesson 56 : **How to Do Side Plank Crunches Exercise**

Lesson 57 : **How to Do Wood Chopper Exercise for Love Handles**

Lesson 58 : **How to Do Reverse Ab Curls Correctly**

Lesson 59 : **How to Do Plank Leg Raises Exercise Correctly**

Lesson 60 : **How to Do Modified V Ups and Regular V Ups**

Lesson 61 : **How to Do Knee Hug Crunches**

Lesson 62 : **How to Do In and Out Plank Jumps Plank Jacks**

Lesson 63 : **How to Do Ankle Tap Push Ups**

Lesson 64 : **How to Do Side Plank Hip Lifts Exercise Correctly**

Lesson 65 : **How to Do Vertical Leg Crunches with Instructions**

Lesson 66 : **How to Do Hindu Push Ups Correctly**

Lesson 67 : **How Good Mornings Exercise without Weight**

Lesson 68 : **How to Do Glute Bridge Single Leg Raise**

Lesson 69 : **How to Do Dive Bomber Push Ups**

Lesson 70 : **How to Do Crunch Claps**

Lesson 71 : **How to Do Crab Toe Touches Exercise**

Lesson 72 : **How to Do Bear Squats**

Lesson 73 : **How to Do Arm Crawls Exercise Plank Army Crawls**

Lesson 74 : **How to Do Ab Roll Ups Exercise Abs and Core**

Lesson 75 : **How to Do Side Plank Rotation Exercise**

Lesson 76 : **How to Do Triangle Crunch for Oblique Muscles**

Lesson 77 : **How to Do Squat Thrusts with Push Ups**

Lesson 78 : **How to Do Squat Thrusts for Beginners Full Body Exercise**

Lesson 79 : **How to Do Russian Twist with Dumbbell Abs and Oblique Exercise**

Lesson 80 : **How to Do Jackknife Sit Ups for Beginners Ab Core Exercise**

Lesson 81 : **How to Do Scissor Kicks Exercise Correctly**

Lesson 82 : **How to Do Reverse Crunches for Beginners with Instructions**

Lesson 83 : **How to Do Plank Hip Dip Exercise Correctly for Abs and Obliques**

Lesson 84 : **How To Do Cross Body Mountain Climber Exercise Abs and Oblique**

Lesson 85 : **How to Do Wall Push Ups Correctly**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

for Business Contact
business@mindluster.com