Mindluster Platform

About the course Walking workout at home

Walking workout course, in this course we will explore the many benefits of walking as a low-impact, highly effective form of exercise. Walking is not only great for improving cardiovascular health, but it also helps burn calories, boost mood, and enhance overall fitness. This course will teach you how to turn a simple walk into a full-body workout by incorporating different techniques like speed walking, interval walking, and adding movements such as arm swings, lunges, and side steps. Whether you're a beginner or looking to increase your walking intensity, this course offers tailored plans to suit all fitness levels. We will cover how to set goals, track your progress, and keep your walking workouts varied and engaging. In addition to basic walking routines, youâ€™ll also learn tips for improving posture, increasing walking endurance, and integrating walking into your daily routine. By the end, you'll have a complete walking workout plan that fits your lifestyle. Start today and enjoy the transformative power of walking.

Medical Category's Courses

Course Lesson(233)

Lesson 1 : **Everyday Workout for Beginners at Home 10 Minute Intense Home Workout**

Lesson 2 : **10 Minute Full Body Circuit Workout for Weight Loss**

Lesson 3 : **10 MINUTE HOME CIRCUIT WORKOUT Fat Burning Circuit No Equipment**

Lesson 4 : **10 Minute Workout Circuit for Weight Loss Morning Full Body Workout**

Lesson 5 : **Short Walking Workout at Home 12 Minute Walk At Home Workout**

Lesson 6 : **10 Minute Upper Body Muscle Building Workout at Home with Dumbbells**

Lesson 7 : **The Best Home Upper Body Dumbbell Workout 10 Minute Standing Dumbbell Workout**

Lesson 8 : **Simple Standing Workout At Home 10 Minute Full Body Workout No Equipment**

Lesson 9 : **10 Minute Squat Challenge How Many Squats Can You Do in 10 Minutes**

Lesson 10 : **10 Minute Tabata Ab Wheel Roller Workout for Beginners**

Lesson 11 :
Best Full Body Tabata Workout at Home for Beginners Do This In The Morning and Evening

Lesson 12 : **12 Minute Standing Arm Workout Without Weights Tone Arms and Shoulders**

Lesson 13 :
Full Body HIIT Workout at Home No Equipment 12 Minute HIIT to Blast Stubborn Belly Fat

Lesson 14 : **10 Minute Total Body Strength Workout No Equipment Standing Workout**

Lesson 15 : **10 Minute Standing Flat Belly Workout Abs and Obliques**

Lesson 16 : **Total Body Cardio HIIT Home Workout 12 Minute Standing Fat Burning Workout**

Lesson 17 : **11 Minute Tabata Weight Loss Workout for Beginners**

Lesson 18 : **Walking Workout to Lose Weight Fast HIIT Walking Workout**

Lesson 19 : **10 Minute Upper and Lower Abs Workout at Home No Repeat**

Lesson 20 : **Low Impact HIIT Home Workout No Equipment Needed Apartment Friendly**

Lesson 21 : **Full Body Fat Burner Workout at Home 10 Minute Standing Workout**

Lesson 22 : **9 Minute Standing Core Workout with Dumbbells**

Lesson 23 : **HIIT Cardio Kickboxing Workout for Beginners 11 Minutes Only**

Lesson 24 : **Standing Cardio Workout to Lose Belly Fat 12 Minute Low Impact Workout**

Lesson 25 : **Best HIIT Cardio Workout for Fat Loss 10 Minute HIIT Cardio Workout**

Lesson 26 : **9 Minute Standing Lower Abs Workout**

Lesson 27 : **11 Minute Arm Toning Dumbbell Workout**

Lesson 28 : **Fat Burning Full Body Strength Training Workout 12 Minutes**

Lesson 29 : **Full Body Strength Workout No Equipment for Beginners 11 Minutes**

Lesson 30 : **9 Minute Intense Total Body Standing Dumbbell Workout**

Lesson 31 : **10 Minute Beginner Standing Flat Belly Workout No Gym No Problem**

Lesson 32 : **9 Minute Arm Sculpting Workout without Weights at Home**

Lesson 33 : **9 Minute Belly Fat Full Body Workout Belly Belly Fat at Home**

Lesson 34 : **12 Minute Low Impact Standing Ab Workout for Beginners**

Lesson 35 : **The Best Compound Movement Workout at Home**

Lesson 36 : **9 Minute Tabata Fat Burning Home Workout for Fat Loss**

Lesson 37 : **10 Minute HIIT Home Workout Full Body No Jumping**

Lesson 38 : **10 Minute At Home Full Body Circuit Workout for Beginners**

Lesson 39 : **12 Minute Leg Workout without Squats or Lunges**

Lesson 40 : **9 Minute Core Strengthening Workout at Home No Equipment Needed**

Lesson 41 : **9 Minute High Intensity Bodyweight Workout for Fat Loss**

Lesson 42 : **10 Minute Standing Abs Workout High Intensity without Equipment**

Lesson 43 : **12 Minute Flat Belly Workout Abs and Obliques**

Lesson 44 : **12 Minute Standing Oblique Workout for Love Handles**

Lesson 45 : **Full Body Dumbbell Workout for Strength Beginner Workout**

Lesson 46 : **No Gym Full Body Workout at Home for Beginners 9 Minutes Only**

Lesson 47 : **Standing Lower Body and Abs Workout No Equipment Needed**

Lesson 48 : **HIIT Workout for Beginners No Equipment 10 Minute Workout**

Lesson 49 : **Blast Belly Fat HIIT and Abs Workout 10 Minute Home Workout**

Lesson 50 : **9 Minute Full Body Stretching for Beginners**

Lesson 51 : **10 Minute Arm Wall Workout to Tone and Strengthen Your Arms**

Lesson 52 : **11 Minute Crunchless Ab Workout for Lower Abs at Home**

Lesson 53 : **The Best Workout to Lose Stubborn Belly Fat at Home in 10 Minutes**

Lesson 54 : **10 Minute Lower Belly Fat Burning Workout to Flatten Stomach**

Lesson 55 : **The Best Quad Workout At Home Without Weights 10 Minutes**

Lesson 56 : **10 Minute Standing HIIT Workout for Abs**

Lesson 57 : **9 Minute Standing Ab And Oblique Workout at Home**

Lesson 58 : **Anytime Anywhere Standing Full Body Workout 9 Minutes Only**

Lesson 59 : **9 Minute Leg and Butt Workout at Home With Dumbbells**

Lesson 60 : **10 Minute Knee Friendly Workout for Bigger and Stronger Legs**

Lesson 61 : **Quick and Intense HIIT Workout for Rapid Fat Loss 9 Minutes**

Lesson 62 : **Intense 12 Minute Total Body One Dumbbell Workout at Home**

Lesson 63 : **The Ultimate 10 Minute Upper Body Workout At Home No Weights**

Lesson 64 : **10 Minute Strength and Cardio Workout Better Than Running for 1 Hour**

Lesson 65 : **9 Minute Plyo Workout for Runners No Equipment Needed**

Lesson 66 : **10 Minute Belly Fat Blasting Workout You Can Do Anywhere**

Lesson 67 : **9 Minute Standing Core Workout Better Than Crunches**

Lesson 68 : **9 Minute To Make Your Thighs Firmer and Stronger**

Lesson 69 : **11 Minute Standing Flat Belly Workout for Busy Men and Women**

Lesson 70 : **9 Minute Standing Full Body Workout for Six Pack Abs**

Lesson 71 : **9 Minute Punching Cardio Workout to Make You Lean and Strong**

Lesson 72 : **9 Minute Killer Standing Oblique Workout to Shrink Love Handles**

Lesson 73 : **10 Minute Standing HIIT Workout to Boost Endurance and Strength**

Lesson 74 : **9 Minute Beginner HIIT Workout with No Equipment**

Lesson 75 : **11 Minute Total Body for Flat Abs No Equipment Home Workout**

Lesson 76 : **Quick Standing Ab Workout for Beginners 9 Minute Workout**

Lesson 77 : **9 Minute Arms and Butt Workout without Weights Firmer Butt and Stronger Arms**

Lesson 78 : **9 Minute Total Body Workout to Lose Weight Fast No Equipment Needed**

Lesson 79 : **9 Minute Total Body DUMBBELL WORKOUT to Make You Lean and Strong**

Lesson 80 : **10 Minute Upper Body Dumbbell Circuit Workout Dumbbell Strength Workout**

Lesson 81 : **10 Minute Standing Circuit Workout Full Body Morning Workout for Weight Loss**

Lesson 82 : **10 Minute Standing Ab Circuit Standing Abs No Equipment**

Lesson 83 : **10 Minute Dumbbell Workout No Squats Fat Blasting Dumbbell Workout**

Lesson 84 : **At Home Beginner HIIT Workout 10 Minute Intense Circuit Workout**

Lesson 85 : **Intense Circuit Workout at Home 10 Minute Kickboxing Circuit Workout**

Lesson 86 : **10 Minute Fat Burning Circuit for Beginners Intense Morning Workout**

Lesson 87 : **10 Minute Easy Circuit Workout for Beginners**

Lesson 88 : **10 Minute HIIT Circuit With Dumbbells Full Body Dumbbell Workout for Weight Loss**

Lesson 89 : **10 Minute Bridge Workout for Glutes Glute and Hamstring Workout**

Lesson 90 : **10 Minute Power Jacks Workout Brutal HIIT Leg Workout**

Lesson 91 : **STANDING BELLY FAT WORKOUT 10 Minute HIIT Circuit Workout**

Lesson 92 : **Morning Circuit Workout Standing Up 10 Minute Workout for Balance**

Lesson 93 : **Core Circuit Workout No Weights 10 Minute Standing Beginner Workout**

Lesson 94 : **Easy Abs Workout for Beginners At Home 10 Minute Tabata Abs Workout**

Lesson 95 : **Full Body Home Circuit Workout 10 Minute Fat Blaster Workout**

Lesson 96 : **Standing Core Circuit for Beginners 10 Minute Core Workout No Equipment at Home**

Lesson 97 : **Lower Body Circuit Workout No Weights 10 Minute Beginner Leg Workout**

Lesson 98 : **10 Minute Chest and Tricep Workout at Home for Beginners**

Lesson 99 : **Energy Boosting Morning Workout 10 Minute HIIT Cardio No Equipment**

Lesson 100 : **10 Minute Weight Loss Circuit Workout No Equipment**

Lesson 101 : **10 Minute Cardio Circuit Training for Fat Loss**

Lesson 102 : **10 Minute Full Body Quick Evening Workout Beginner Circuit Training Workout**

Lesson 103 : **10 Minute Fat Burning Easy Cardio Workout Morning Cardio Circuit**

Lesson 104 : **10 Minute Leg Circuit Workout No Equipment Quick Lower Body Workout**

Lesson 105 : **10 Minute Full Body Dumbbell Circuit Workout**

Lesson 106 : **10 Minute One Dumbbell Circuit Workout Quick Fat Burning Workout**

Lesson 107 : **10 Minute Walking with Dumbbells Workout for Weight Loss**

Lesson 108 : **Lose Weight Running In Place with Weights 10 Minute Workout 150 Calories**

Lesson 109 : **10 Minute Non Stop HIIT Workout No Equipment 100 Calorie Workout**

Lesson 110 : **10 Minute Beginner Standing Abs Workout Easy Standing Abs Routine**

Lesson 111 : **Walking with Weights to Tone Arms 10 Minute Dumbbell Walking Workout**

Lesson 112 : **10 Minute Kickboxing Workout for Beginners No Equipment Burn 100 Calories**

Lesson 113 : **10 Minute High Intensity Workout for Fat Loss**

Lesson 114 : **10 Minute Cardio Workout with Weights at Home Burn 110 Calories**

Lesson 115 :
10 Minute Upper Body Workout At Home No Equipment Upper Body Beginner Workout

Lesson 116 : **10 Minute Fat Burning Standing Abs Workout Circuit Abs Workout**

Lesson 117 : **10 Minute Walking Workout for Full Body Toning with Dumbbells 115 Calories**

Lesson 118 : **10 Minute Running in Place Workout at Home 100 Calorie Workout**

Lesson 119 : **10 Minute Strong Arms Workout for Beginners Burn 80 Calories**

Lesson 120 : **10 Minute Standing Oblique Workout No Equipment**

Lesson 121 : **10 Minute Indoor Walking Workout with Dumbbells 100 Calorie Cardio Workout**

Lesson 122 : **10 Minute Standing Glute Workout No Weights Glute Toning Workout**

Lesson 123 :
10 Minute Intense Circuit Workout at Home HIIT Workout No Equipment Burn 100 Calories

Lesson 124 : **10 Minute Cardio Workout with Weights Indoor Walking Workout**

Lesson 125 : **10 Minute Upper Body Cardio Workout with Dumbbells**

Lesson 126 : **10 Minute Beginner Full Body Toning Workout Burns 90 Calories**

Lesson 127 :
10 Minute One Dumbbell Standing Workout Fat Burner Dumbbell Workout Burn 100 Calories

Lesson 128 : **10 Minute Home Walking Workout with Dumbbells Walk at Home with Weights**

Lesson 129 : **10 Minute Morning Stretching Workout for Energy**

Lesson 130 : **10 Minute Good Morning Dumbbell Workout Full Body Workout**

Lesson 131 : **10 Minute Standing Flat Belly Workout Standing Abs Workout**

Lesson 132 : **10 Minute Strength Full Body Workout At Home Burn 100 Calories**

Lesson 133 : **10 Minute Morning Stretch and Strength Workout Full Body Workout**

Lesson 134 : **10 Minute Running In Place Cardio with Weights Burn 110 Calories**

Lesson 135 : **10 Minute Non Stop HIIT Workout for Fat Burning 110 Calories**

Lesson 136 : **10 Minute Standing Core Workout with Dumbbells Burn 100 Calories**

Lesson 137 : **10 Minute Arms and Abs Workout No Equipment at Home Upper Body Toning**

Lesson 138 : **10 Minute HIIT Workout with Light Dumbbells 110 Calories**

Lesson 139 : **10 Minute FAT BURNER HIIT Workout No Equipment 120 Calories**

Lesson 140 : **Running in Place for 10 Minutes with Weights Weight Loss Cardio Workout**

Lesson 141 : **10 Minute Weight Loss Dumbbell Workout for Beginners Total Body Workout**

Lesson 142 : **10 Minute Sprinting in Place Workout for Fat Loss Burn 100 Calories**

Lesson 143 :
10 Minute Weight Loss Cardio with Weights Walking and Running Workout at Home 100 Calories

Lesson 144 : **10 Minute Toned Arms Workout without Equipment Arm and Shoulder Workout**

Lesson 145 : **10 Minute Standing Oblique Workout for Love Handles**

Lesson 146 : **10 Minute High Intensity Workout for Belly Fat 100 Calorie HIIT Workout**

Lesson 147 :
10 Minute Cardio and Strength Workout at Home Burn 100 Calories without Equipment

Lesson 148 : **10 Minute Morning Running In Place Workout for Weight Loss**

Lesson 149 : **10 Minute Full Body HIIT Workout for Fat Loss Intense Fat Burning Workout**

Lesson 150 :
10 Minute Full Body Weight Loss Workout with Weights Home Cardio Workout Burn 100 Calories

Lesson 151 : **10 Minute High Intensity Cardio No Equipment HIIT Fat Loss Workout**

Lesson 152 : **10 Minute Standing Abs Workout to Tone Your Tummy Standing Ab Circuit Workout**

Lesson 153 : **10 Minute HIIT Circuit Workout for Weight Loss Burn 100 Calories**

Lesson 154 : **Best Morning Standing Abs Workout for Toned Abs 80 Calories in 10 Minutes**

Lesson 155 :
10 Minute Non Stop Cardio Workout with Weights Dumbbell Circuit Workout 100 Calories

Lesson 156 : **10 Minute Running In Place Workout for Slimming 100 Calories**

Lesson 157 : **10 Minute Cardio and Strength Workout with Dumbbells**

Lesson 158 : **10 Minute Standing Workout for Lower Belly Fat 100 Calories**

Lesson 159 : **10 Minute Easy Morning Standing Workout for Energy**

Lesson 160 : **10 Minute Full Body to Burn Stubborn Fat 100 Calories**

Lesson 161 : **10 Minute Indoor Power Walking with Dumbbells 100 Calories**

Lesson 162 : **10 Minute Lower Body Workout to Tone Your Legs**

Lesson 163 : **10 Minute Standing Morning Workout No Jumping Burn Fat ALL DAY**

Lesson 164 : **10 Minute Fat Burning Workout at Home No Equipment 100 Calories**

Lesson 165 : **10 Minute Full Body Kettlebell Strength Workout Morning Strength Training**

Lesson 166 : **10 Minute Lower Body Workout for Fat Loss**

Lesson 167 : **10 Minute METABOLISM JUMP STARTER Walking Workout at Home**

Lesson 168 : **10 Minute Running in Place Fat Burner Workout Burn 100 Calories at Home**

Lesson 169 : **10 Minute Belly Fat Burning Cardio with Dumbbells Walking with Weights**

Lesson 170 :
Best 10 Minute Dumbbell Workout to Do in The Morning Good Morning Dumbbell Workout

Lesson 171 : **10 Minute Morning Standing Abs Workout for A Flat Belly**

Lesson 172 : **10 Minute Morning Muscle Building Workout for Beginners Metabolism Booster**

Lesson 173 : **Morning Toned Legs Workout 10 Minutes No Equipment Burn 100 Calories**

Lesson 174 : **Upper Body Workout no Equipment 10 Minutes Abs and Arms Workout**

Lesson 175 : **10 Minute Dumbbell Beginner Workout for Strength and Muscle**

Lesson 176 : **10 Minute Morning Love Handles Workout for A Fast Metabolism ALL DAY LONG**

Lesson 177 : **10 Minute Morning HIIT Workout to Burn Fat All Day Long**

Lesson 178 : **10 Minute EASY MORNING WORKOUT To Burn Fat All Day Long**

Lesson 179 : **10 Minute SUPER FAT BURNER Walking with Weights Workout**

Lesson 180 : **10 Minute Morning Kickboxing Workout to Boost Metabolism All Day Long**

Lesson 181 : **10 Minute FAT BURNER MORNING HIIT WORKOUT Full Body Tabata**

Lesson 182 : **10 Minute Morning Fat Burner Workout for A Fast Metabolism All Day**

Lesson 183 : **10 Minute ENERGY BOOSTER WORKOUT NO EQUIPMENT**

Lesson 184 : **10 Minute Metabolism Booster Walking Workout with Weights**

Lesson 185 : **10 Minute Body Toning Workout You Can Do While Standing**

Lesson 186 :
10 Minute MORNING WORKOUT to Jumpstart Fat Burning ALL STANDING EXERCISES

Lesson 187 : **10 Minute Evening Stretching Workout for Better Sleep**

Lesson 188 : **10 Minute Dumbbell Workout for A Fast Metabolism ALL DAY**

Lesson 189 : **10 Minute Full Body Burn HIIT Workout at Home for Fat Loss**

Lesson 190 : **10 Minute Jogging with Weights Cardio to BURN FAT ALL DAY**

Lesson 191 : **10 Minute Total Body Blast HIIT Workout No Equipment**

Lesson 192 : **10 Minute Morning HIIT Workout to Melt Fat All Day**

Lesson 193 : **10 Minute BELLY SHREDDER KETTLEBELL Workout for Fat Loss**

Lesson 194 : **10 Minute MORNING CARDIO WORKOUT for High Energy ALL DAY**

Lesson 195 : **10 Minute Morning HIIT WORKOUT to Burn Lots of Calories**

Lesson 196 : **10 Minute One Dumbbell Workout for A Fast Metabolism All Day**

Lesson 197 : **10 Minute Arm Workout for Slim and Toned Arms No Weights**

Lesson 198 : **10 Minute Full Body HIIT Workout to Burn Belly Fat ALL DAY**

Lesson 199 : **10 Minute Morning FAT BURNER HIIT WORKOUT for Fast Fat Loss**

Lesson 200 : **10 Minute GOOD MORNING Fast Fat Loss Low Impact Workout with Dumbbells**

Lesson 201 : **10 Minute METABOLISM BOOSTER Home Workout No Equipment**

Lesson 202 : **10 Minute Full Body Toning Workout No Equipment**

Lesson 203 : **10 Minute Morning STANDING ABS WORKOUT for a Toned Belly**

Lesson 204 : **10 Minute Good Morning Fat Burner Workout for A Toned Body**

Lesson 205 : **5 Minute Full Body Warm Up Routine for Any Workout**

Lesson 206 : **10 MINUTE FAT BURNING STANDING WORKOUT BURNS FAT ALL DAY**

Lesson 207 : **10 Minute Lower Body Bodyweight Workout for Leg and Butt Muscles**

Lesson 208 : **Burn Lots of Calories In 10 Minutes Walking at Home with Weights**

Lesson 209 : **10 Minute Fat Burning Morning HIIT Workout No Jumping No Equipment**

Lesson 210 : **10 Minute BEGINNER MORNING HIIT WORKOUT for Fast Fat Loss**

Lesson 211 : **10 Minute CALORIE BURNING WORKOUT NO JUMPING Low Impact100 Calories**

Lesson 212 : **5 Minute Full Body Cool Down to Do After Every Workout**

Lesson 213 : **10 Minute Standing Kettlebell Workout for Fast Toning and Sculpting100 Calories**

Lesson 214 : **10 Minute Morning Sitting Workout to Burn Fat ALL DAY**

Lesson 215 : **10 MINUTE SPECIAL Walking with Weights Workout to Blast Belly Fat**

Lesson 216 : **10 Minute Morning Standing Abs Workout for Core Strength**

Lesson 217 : **10 Minute TABATA AB WHEEL ROLLER WORKOUT for Ripped Six Pack Abs**

Lesson 218 : **10 Minute Morning Workout for A Slim Waist All Standing Exercises**

Lesson 219 : **10 Minute Punching Workout to Make You Lean and Strong**

Lesson 220 : **10 Minute Morning HIIT Workout at Home Ultimate Fat Burn Workout**

Lesson 221 : **10 Minute Standing Upper Body Workout with Dumbbells**

Lesson 222 : **10 Minute FAT BLASTING FULL BODY HIIT WORKOUT at Home No Jumping**

Lesson 223 : **10 Minute Cardio Kickboxing Workout for Full Body Fat Burning**

Lesson 224 : **10 Minute Morning Running In Place Workout for Full Body Fat Burn 2kg Dumbbells**

Lesson 225 : **10 Minute Morning Stretching Workout to Boost Your Energy**

Lesson 226 : **10 MINUTE KETTLEBELL WORKOUT Standing Only Burn Fat Fast**

Lesson 227 :
RUNNING IN PLACE DUMBBELL WORKOUT to Burn Fat ALL DAY10 Min Morning Workout100 Calories

Lesson 228 : **10 Minute Morning Fat Burning Workout to Lose Weight Fast**

Lesson 229 : **10 Min Dumbbell HIIT Workout to Burn Belly Fat Fast 2kg Dumbbells**

Lesson 230 : **10 Minute SEATED FULL BODY WORKOUT for Beginners No Equipment**

Lesson 231 : **10 Minute Full Body Low Impact Dumbbell Workout 7kg Dumbbell**

Lesson 232 : **10 Min Standing HIIT Workout to BURN STUBBORN FAT ALL DAY**

Lesson 233 : **10 Minute Relaxing Stretching Workout to Do Before Bed**

Related courses

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