Mindluster Platform

About the course Hanging belly workouts at home

Hanging belly workouts course, in this course you'll learn a series of targeted exercises designed to reduce and tone the lower belly area, addressing the common issue of hanging belly fat. This course provides a variety of workouts that focus on strengthening the core, particularly the lower abdominal muscles, while incorporating fat-burning cardio to help shed excess fat. You'll engage in exercises such as leg raises, planks, crunches, and other core-centric movements that are effective in toning and tightening the abdominal area. The course is designed for all fitness levels and includes both beginner-friendly routines and more advanced workouts to challenge you as you progress. Along with exercise routines, youâ€™ll receive tips on nutrition and lifestyle habits that complement your workouts, promoting faster and more sustainable results. Start today and achieve a flatter, stronger belly with these effective and easy-to-follow workouts, whether at home or in the gym.

Medical Category's Courses

Course Lesson(17)

Lesson 1 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Exercise 2 WEEK Weight Loss Challenge DAY 1

Lesson 2 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 2

Lesson 3 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 3

Lesson 4 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 4

Lesson 5 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 5

Lesson 6 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 6

Lesson 7 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 7

Lesson 8 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 8

Lesson 9 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Exercise 2 WEEK Weight Loss Challenge DAY 11

Lesson 10 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 13

Lesson 11 :

Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 14

Lesson 12 :
Do This 30 Min STUBBORN BELLY FAT and SLIM WAIST Workout 2 WEEK Weight Loss Challenge DAY 12

Lesson 13 :
30 Min STANDING Abs Exercises To Flatten Saggy Belly and Lose Weight Workout for Slim Waist 100

Lesson 14 :
30 Min Effective Exercises To Lose Weight in 2 Weeks STUBBORN BELLY FAT and SLIM WAIST Workout

Lesson 15 :
TOP 30 Best Standing Exercises for Small Waist Hanging Belly Flat Belly Workout For WEIGHT LOSS

Lesson 16 :
30 Minute Best Standing Ab Exercises to Flatten Your Tummy Lose Weight in 14 Days Fast

Lesson 17 :
Best Exercises for Hanging Belly 30 MINUTE STANDING EXERCISE FOR FLAT STOMACH FOR WOMEN

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