Mindluster Platform

About the course Knock Knees workout at home

Knock Knees workout course, in this course you'll learn targeted exercises designed to help correct knock knees (genu valgum), a condition where the knees angle inward. This course provides a range of workouts that focus on strengthening the muscles around the knees, hips, and thighs, which are crucial for improving alignment and reducing discomfort caused by knock knees. Youâ€™ll engage in exercises such as squats, lunges, hip abductions, and leg stretches, all aimed at promoting better posture, balance, and knee stability. Whether you're looking to alleviate discomfort or improve your overall lower body alignment, this course offers a structured plan to help you achieve your goals. Suitable for all fitness levels, these exercises can be performed at home without the need for special equipment. You'll also receive tips on maintaining proper form and how to progressively increase the intensity as your muscles strengthen. Start this course today to improve your knee alignment, prevent joint strain, and enhance your overall mobility and strength.

Medical Category's Courses

Course Lesson(60)

Lesson 1 : **No Ads Daily Routine You MUST Do To LOSE MAN BOOBS**

Lesson 2 : **No Ads Start To Do This Before Breakfast See What Happens**

Lesson 3 : **No Ads Lose 5kg In 10 Days Challenge Standing Only**

Lesson 4 : **No Ads Quick 3 Day 2kg Weight Loss Challenge**

Lesson 5 : **No Ads Do THIS Watch Your Weight Drop Daily For 10 days**

Lesson 6 : **No Ads Lose 10KG in 30 days Challenge ONLY FOR SERIOUS VIEWERS**

Lesson 7 : **No Ads Take a selfie now and take another in 30 days**

Lesson 8 : **No Ads Do This To Quickly Lose 5kg In 3 Days**

Lesson 9 : **No Ads 10 Best Standing Exercises To Lose Belly Fat**

Lesson 10 : **Ad free Do This If You Want To Drop From XL to m**

Lesson 11 : **Ad free 7 Min 7 Day 7 Standing Exercises To Lose Chest Fat**

Lesson 12 : **Ad free Do This Everyday You ll be SHOCKED**

Lesson 13 : **No Ads 10 BEST Exercises You MUST do to BURN 10kg**

Lesson 14 : **No Ads 5 Min for a Six Pack while in bed**

Lesson 15 : **No Ads 7 MOST Effective Exercises To Lose 7kg In 7 Days**

Lesson 16 : **No Ads 10 days to turn lower belly fat to lower abs**

Lesson 17 : **No Ads Try this everyday see what happens to your body**

Lesson 18 : **No Ads Just 4 weeks to CHANGE YOUR LIFE**

Lesson 19 : **No Ads 15 min of this 45 min treadmill running**

Lesson 20 : **No Ads 10 Day Lose Butt Fat Shrink Butt Size**

Lesson 21 : **No Ads Do This Everyday To Lose Weight FAST**

Lesson 22 : **No Ads 5 Minute Workout Get Rid Of Love Handles In 14 Days**

Lesson 23 : **No Ads 28 Day Sofa Workout Challenge To Lose Weight Get Flat Tummy**

Lesson 24 : **No Ads Cristiano Ronaldo Six Pack Workout**

Lesson 25 : **No Ads Cristiano Ronaldo Leg Workout**

Lesson 26 : **No Ads 10 Day Sitting Workout Challenge To Lose Belly Fat No Sit ups**

Lesson 27 : **No Ads 7 Min 7 Day 7 Standing Exercises To Lose Belly Fat**

Lesson 28 : **No Ads See The Difference in Your Chest After This**

Lesson 29 : **No Ads Just 5 Minutes A Day For Six Pack**

Lesson 30 : **No Ads Do This Measure Your Height After 30 Days**

Lesson 31 :
No Ads Replace 1 hour of treadmill Running with this 15 minute workout Calorie Burner

Lesson 32 : **No Ads Ultimate 3 In 1 Fat Loss Workout Belly Love Handles Chest Fat**

Lesson 33 : **Easy Home Exercises to lose thigh and bum fat in a week Men Women**

Lesson 34 : **No Ads Lose 5kg In 7 Days Challenge**

Lesson 35 : **No Ads 5 Minute Workout Get Rid Of Chest Fat Man Boobs In 14 Days**

Lesson 36 : **No Ads Standing Only Six Pack Abs Workout To Lose Belly Fat At Home**

Lesson 37 : **No Ads Do This Workout Before Breakfast To Burn More Fat**

Lesson 38 : **No Ads Transform Your Body With Just These Simple Exercises Everyday**

Lesson 39 : **No Ads Get A 6 Pack In 28 Days RESULTS GUARANTEED**

Lesson 40 :
No Ads Do This Before Bed To Burn Belly Fat Overnight Workout Before Sleep To Reduce Belly Fat

Lesson 41 : **No Ads Top 6 Beginner Exercises To Reduce Chest Fat Man Boobs In 1 Week At Home**

Lesson 42 : **No Ads Can you survive this 30 min full body fat loss cardio**

Lesson 43 : **No Ads Best Exercises To Turn Side Fat Into V Cut Side Abs**

Lesson 44 : **No Ads Lose 3kg Of Weight In A Week With This Challenge**

Lesson 45 : **No Ads Do This Every Evening And This Will Happen To Your Body**

Lesson 46 : **No Ads 14 DAY SLIM THIGH WORKOUT NO SQUATS NO JUMPING**

Lesson 47 : **No Ads Exercises For Knock Knees Workout For Knock Knees With Stretching Exercise**

Lesson 48 : **No Ads 4 Week Challenge To Lose Belly Chest Fat Home Workout**

Lesson 49 : **No Ad Do This Every Morning And See What Happens**

Lesson 50 : **No Ads Burn Calories Lying Down With This Lazy Day Full Body Workout In Bed**

Lesson 51 : **No Ads Burn 300 Calories A Day With This Full Body HIIT Cardio Workout At Home**

Lesson 52 :

No Ads Exercises To Lose And Shrink Buttocks Fat For Guys At Home Slim Down Buttocks Fast

Lesson 53 :
No Ads Best HIIT Standing Exercises to Lose Weight Quick All Standing Fat Burning Cardio Workout

Lesson 54 :
No Ads Transform Your Body In 21 Days With This Fat To Fit Home Workout Challenge For Men

Lesson 55 : **No Ads Lose Love Handles In 14 Days Challenge How To Get Rid Of Side Fat In 2 Weeks**

Lesson 56 : **No Ads Lose Thigh Fat In 21 Days Challenge Slim Down Fat Thighs For Men**

Lesson 57 : **No Ads Lose Chest Fat In 10 Day Challenge Home Workout For Chest Fat Loss**

Lesson 58 : **No Ads 30 Days Weight Fat Loss Challenge Fat to Fit Workout For Men At Home**

Lesson 59 : **No Ads Lose 5kg In 14 Days Challenge How To Lose Weight Fast In 2 Weeks**

Lesson 60 : **No Ads Lose Belly Fat In 10 Days Challenge Workouts To Slim Down Belly Fat**

Related courses

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General Embryology

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