Mindluster Platform

About the course Upper abs exercises at home

Upper abs exercises course, in this course you'll explore a series of highly effective workouts designed to target and tone your upper abdominal muscles. This course focuses on exercises that strengthen the upper abs, helping you develop a defined and sculpted core. You'll learn exercises like crunches, sit-ups, bicycle crunches, and toe touches, all aimed at isolating the upper part of your abdominal region. These movements are demonstrated with step-by-step instructions to ensure proper form, maximize results, and prevent injury. Whether you're a beginner or more advanced in your fitness journey, the course provides tailored routines to match your level. You'll also receive tips on how to integrate these upper abs exercises into a full-body workout plan and combine them with proper nutrition for optimal results. By following this program consistently, you'll build a stronger core, improve posture, and reveal a more defined upper abdominal area. Start this course today to strengthen and sculpt your upper abs from the comfort of your home or gym.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **Best Six Pack Abs Workout At Home Get 6 Pack in 21 Days**

Lesson 2 : **Cool Down Abs Obliques Stretches For Post Workout**

Lesson 3 : **Best Exercises For Upper Abs At Home**

Lesson 4 : **Lower Abs Bodyweight Exercises For Beginners At Home Timer Music included**

Lesson 5 : **Full Body Plank Challenge For Strong Core Six Pack Timer Music**

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