Mindluster Platform

About the course Cardio HIIT workout at home

Cardio HIIT workout course, in this course you'll dive into the essentials of Cardio HIIT (High-Intensity Interval Training) workouts, a powerful method to maximize fat burn and boost endurance. Youâ€™ll learn how alternating between high-intensity bursts of cardio exercises and low-intensity recovery periods can supercharge your fitness. From warm-up techniques to mastering intervals, this course will guide you step-by-step in designing effective HIIT workouts that target various muscle groups. Whether you're a beginner or advanced, you'll gain practical knowledge to implement efficient, time-saving routines that enhance cardiovascular health, endurance, and strength.

Medical Category's Courses

Course Lesson(28)

Lesson 1 :
Summer Shape Up Challenge 4 Week Workout Program Diet Nutrition Guide For Weight Loss

Lesson 2 :
30 Min Cardio HIIT Workout To Burn Calories Full Body Workout At Home No Equipment No Repeat

Lesson 3 :
20 Min Low Impact Cardio High Intensity Workout for Fat Burn at Home No Jumping Steady State

Lesson 4 : **30 Min Chest Shoulder Abs Workout At Home No Equipment No Gym**

Lesson 5 : **50 MIN FAT BURNING HIIT WORKOUT Full body Cardio No Equipment No Repeat**

Lesson 6 : **15 Min Intense HIIT Workout For Fat Burn Full body Cardio No Equipment No Repeat**

Lesson 7 : **10 Min Full Body Stretch Cool Down Do After Your Workout**

Lesson 8 :
30 MIN CARDIO HIIT WORKOUT MAX CALORIE BURN Full Body No Equipment No Repeats

Lesson 9 : **30 Min Low Impact Cardio HIIT for Max Fat Burn at Home No Jumping**

Lesson 10 : **15 MIN GLUTES AND ABS WORKOUT Strengthen Your Core And Booty No Equipment**

Lesson 11 : **50 Min Fat Burning HIIT Workout Burn 1000 Calories Full Body At Home**

Lesson 12 : **10 MIN INTENSE AB WORKOUT**

Lesson 13 : **10 Min Stretch for Lower Back Pain Relief and Prevention**

Lesson 14 : **30 MIN FULL BODY CARDIO HIIT Intense Fat Burning Workout No Equipment**

Lesson 15 : **20 MIN FULL BODY HIIT No Jumping No Equipment**

Lesson 16 : **30 Min Chest Shoulder Abs Workout At Home No Equipment No Gym**

Lesson 17 : **50 MIN CARDIO HIIT WORKOUT LOW IMPACT Full Body No Equipment No Repeats**

Lesson 18 : **20 MIN CALORIE KILLER HIIT WORKOUT Full body Cardio No Equipment No Repeat**

Lesson 19 : **10 Min Full Body Stretch Cool Down Do After Your Workout**

Lesson 20 : **30 MIN CALORIE KILLER HIIT WORKOUT Full body Cardio No Equipment No Repeat**

Lesson 21 : **20 MIN FULL BODY HIIT Workout No Jumping Low Impact**

Lesson 22 : **15 MIN GLUTES AND ABS WORKOUT Strengthen Your Core And Booty No Equipment**

Lesson 23 : **50 MIN FULL BODY CARDIO HIIT Burn 1000 Calories No Equipment Home Workout**

Lesson 24 : **10 MIN DAILY ABS WORKOUT At Home Total Core Routine**

Lesson 25 : **10 Min Stretch for Lower Back Pain Relief and Prevention**

Lesson 26 : **5 MIN WARM UP Do This Before Your Home or Gym Workouts**

Lesson 27 : **5 Min Full Body Cool Down Stretches Do After Every Workout**

Lesson 28 : **30 Min Chest Shoulder Abs Workout At Home No Equipment**

Related courses

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