Mindluster Platform

About the course Full body pilates HIIT workout

Full body pilates HIIT course, in this course you'll explore the powerful combination of Pilates and High-Intensity Interval Training (HIIT) to build strength, improve flexibility, and boost overall fitness. The Full Body Pilates HIIT Course is designed to give you a balanced workout that targets all major muscle groups while also elevating your heart rate for maximum fat burn. Youâ€™ll learn how to integrate the core-strengthening and flexibility-enhancing movements of Pilates with short, intense bursts of HIIT exercises like squats, lunges, and burpees. This fusion allows you to sculpt your body, strengthen your core, and increase your endurance. Throughout the course, weâ€™ll guide you on proper form, ensuring you engage the right muscles and avoid injury. Whether you're a beginner or have some experience, you'll find variations and progressions to match your fitness level. By the end of the course, youâ€™ll have a full-body routine that can be done at home or in the gym, offering you a comprehensive approach to improving your strength, flexibility, and cardiovascular fitness in less time.

Medical Category's Courses

Course Lesson(27)

Lesson 1 : **50 Min Full Body Dumbbell Workout At Home Build Muscle No Talking**

Lesson 2 : **20 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 3 : **30 Min Full Body Pilates HIIT Workout Low Impact No Equipment No Repeats**

Lesson 4 : **30 MIN CARDIO HIIT Workout Full Body No Equipment No Repeats**

Lesson 5 : **30 MIN FULL BODY DUMBBELL Workout Strength Training With Weights At Home**

Lesson 6 : **30 MIN FULL BODY CARDIO HIIT Workout Intense No Equipment**

Lesson 7 : **20 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 8 : **20 MIN CARDIO HIIT WORKOUT Full Body No Equipment No Repeats**

Lesson 9 : **30 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 10 : **20 Min Full Body HIIT Workout At Home No Equipment**

Lesson 11 : **15 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 12 : **30 MIN FULL BODY DUMBBELL WORKOUT Strength Training At Home No Repeats**

Lesson 13 : **20 Min HIIT Workout To Burn Calories Full Body No Equipment At Home**

Lesson 14 : **20 Min Intense HIIT Workout Full Body No Equipment At Home**

Lesson 15 : **30 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 16 : **20 MIN FULL BODY DUMBBELL WORKOUT Strength Training At Home No Repeats**

Lesson 17 :
20 MIN FULL BODY DUMBBELL WORKOUT ALL STANDING Strength Training At Home No Repeats

Lesson 18 : **30 MIN FULL BODY CARDIO HIIT Workout For Fat Burn At Home No Equipment**

Lesson 19 :

30 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment Home Workout

Lesson 20 : **20 Min Full Body Home Workout No Equipment**

Lesson 21 : **30 MIN CARDIO HIIT WORKOUT FULL BODY At Home No Equipment**

Lesson 22 :
20 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment Home Workout

Lesson 23 : **20 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 24 : **30 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 25 : **30 MIN CARDIO HIIT Workout for Fat Burn Full Body No Equipment At Home**

Lesson 26 : **30 MIN CARDIO HIIT Workout Full Body No Equipment No Repeat**

Lesson 27 :
30 MIN FULL BODY HIIT Workout For Fat Burn Cardio Burn 500 Calories No Repeat No Equipment

Related courses

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