Mindluster Platform

About the course Standing workout at home

Standing workout course, in this course you'll discover the benefits of standing exercises, a versatile workout approach that targets strength, balance, and flexibility without the need to get on the floor. The Standing Workout Course is designed to improve muscle tone, cardiovascular fitness, and overall endurance using simple movements that can be done anywhere. You'll learn a variety of standing exercises, including squats, lunges, leg lifts, arm raises, and balance moves, all of which are perfect for toning the entire body while engaging core muscles for stability. This course is suitable for all fitness levels, offering modifications and progressions to challenge you at your own pace. Weâ€™ll focus on proper posture and alignment to ensure you're performing each move safely and effectively. Whether you're looking to tone muscles, improve balance, or increase flexibility, the standing workout provides a full-body solution without the need for equipment or floor space. By the end of the course, you'll have a complete standing routine that can be done at home or on the go, helping you achieve your fitness goals with minimal setup.

Medical Category's Courses

Course Lesson(26)

Lesson 1 : **15 MIN INTENSE HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

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

Lesson 3 : **20 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 4 : **15 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 5 : **30 Min Full Body Pilates HIIT Workout All Standing Burn 300 Calories No Repeats**

Lesson 6 : **10 Min Intense HIIT Workout For Fat Burn ALL STANDING No Equipment No Repeats**

Lesson 7 : **10 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 8 : **30 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 9 :
30 MIN STANDING CARDIO HIIT WORKOUT Kickboxing Inspired No Equipment No Repeats

Lesson 10 : **15 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 11 : **30 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 12 :
20 MIN FULL BODY DUMBBELL WORKOUT ALL STANDING Strength Training At Home No Repeats

Lesson 13 :
30 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment Home Workout

Lesson 14 :
20 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment Home Workout

Lesson 15 : **30 MIN FULL BODY DUMBBELL WORKOUT ALL STANDING Strength Training At Home**

Lesson 16 : **20 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 17 :
30 Min Fat Burning HIIT Workout ALL STANDING Full Body No Equipment Home Workout

Lesson 18 : **20 MIN FULL BODY HIIT ALL STANDING Fat Burning Home Workout No Equipment**

Lesson 19 :
20 MIN FAT BURNING HIIT WORKOUT ALL STANDING Full Body Cardio No Equipment No Repeats

Lesson 20 :
30 MIN CARDIO HIIT ALL STANDING Full Body Workout For Max Calorie Burn No Equipment

Lesson 21 :
30 Min Full Body HIIT Workout All Standing Cardio for Maximum Fat Burn No Equipment

Lesson 22 :
30 MIN CALORIE KILLER HIIT Workout ALL STANDING Full body Cardio No Equipment No Repeat

Lesson 23 : **30 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 : **24 MIN TABATA HIIT Full Body Super Sweaty Home Workout No Equipment No Repeat**

Lesson 26 : **20 MIN INTENSE ALL STANDING HIIT Workout No Equipment No Repeat**

Related courses

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for Business Contact
business@mindluster.com