Mindluster Platform

About the course Body cardio workout at home

Body cardio workout course, in this course you'll dive into a dynamic and energizing body cardio workout routine designed to boost your cardiovascular health, burn calories, and improve overall endurance. The Body Cardio Workout Course combines bodyweight exercises with high-energy cardio movements to engage multiple muscle groups while keeping your heart rate elevated. You'll learn a variety of exercises such as jumping jacks, high knees, burpees, mountain climbers, and squat jumps, all aimed at increasing cardiovascular fitness and toning your body. Weâ€™ll guide you through proper form and technique for each exercise to ensure you perform them safely and effectively. This course is suitable for all fitness levels, offering modifications for beginners and progressions for more advanced participants. You'll also discover how to incorporate intervals and intensity variations to maximize fat burn and increase stamina. By the end of the course, youâ€™ll have a complete body cardio workout plan that can be done at home or in the gym, without the need for equipment. Whether youâ€™re looking to improve heart health, lose weight, or simply boost your overall fitness, this course provides a well-rounded cardio routine that will help you achieve your goals while keeping your workouts fun and engaging.

Medical Category's Courses

Course Lesson(89)

Lesson 1 : **20 MIN FULL BODY HIIT Workout With Weights At Home No Repeat No Jumping**

Lesson 2 : **15 MIN INTENSE 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 : **20 MIN CARDIO HIIT Workout Full Body No Equipment No Repeats**

Lesson 5 : **20 MIN FULL BODY WORKOUT Burn Tone No Equipment No Jumping**

Lesson 6 : **20 Min Cardio HIIT Workout To Burn Calories Full Body Workout At Home No Equipment No Repeat**

Lesson 7 : **25 MIN LEG BUTT THIGH WORKOUT With Resistance Band Intense**

Lesson 8 : **15 MIN CARDIO HIIT Workout Full Body No Equipment**

Lesson 9 : **15 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 10 : **20 MIN TOTAL CORE WORKOUT Abs At Home No Equipment**

Lesson 11 : **30 Min Full Body Pilates HIIT Workout All Standing Burn 300 Calories No Repeats**

Lesson 12 : **20 Min Full Body Pilates HIIT Workout At Home No Equipment**

Lesson 13 : **30 MIN STANDING CARDIO HIIT WORKOUT Kickboxing Inspired No Equipment No Repeats**

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

Lesson 15 : **20 Min Full Body HIIT Workout At Home No Equipment**

Lesson 16 : **15 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment No Repeats**

Lesson 17 : **20 Min HIIT Workout To Burn Calories Full Body No Equipment At Home**

Lesson 18 : **30 Min CARDIO HIIT ABS Workout Intense Calorie Burn No Equipment No Repeats**

Lesson 19 : **20 MIN FULL BODY DUMBBELL WORKOUT Strength Training At Home No Repeats**

Lesson 20 : **20 MIN TONED LEGS ROUND BOOTY Lower Body Workout With Dumbbells At Home**

Lesson 21 :
20 MIN FULL BODY DUMBBELL WORKOUT ALL STANDING Strength Training At Home No Repeats

Lesson 22 : **30 MIN CARDIO HIIT ABS Workout Belly Fat Burn Slim Waist At Home No Equipment**

Lesson 23 :
20 MIN CARDIO HIIT WORKOUT ALL STANDING Full Body No Equipment Home Workout

Lesson 24 : **2 in 1 FLAT BELLY ROUND BOOTY WORKOUT No Equipment**

Lesson 25 : **30 MIN UPPER BODY WORKOUT With Dumbbells Arms Abs Chest Back**

Lesson 26 : **20 Min Full Body HIIT Workout No Jumping No Equipment**

Lesson 27 :
20 MIN FAT BURNING HIIT WORKOUT ALL STANDING Full Body Cardio No Equipment No Repeats

Lesson 28 : **24 MIN TABATA HIIT Workout Max Fat Burn Full Body No Equipment**

Lesson 29 : **30 MIN FULL BODY HIIT Workout No Equipment No Jumping**

Lesson 30 : **20 MIN CARDIO HIIT Workout for Fat Burn Full Body No Equipment No Repeats**

Lesson 31 : **20 Min Legs Booty Burn Workout Tone Your Legs Lift Your Booty No Equipment**

Lesson 32 : **30 Min Lower Body Workout with Dumbbells Lean Legs and Round Booty**

Lesson 33 :
20 MIN TABATA HIIT Full Body Cardio Workout to Burn 300 Calories No Equipment No Repeats

Lesson 34 : **20 Min Booty Burn Workout Sculpt Your Perfect Booty at Home with No Equipment**

Lesson 35 : **24 MIN TABATA HIIT Full Body Super Sweaty Home Workout No Equipment No Repeat**

Lesson 36 : **20 MIN INTENSE ALL STANDING HIIT Workout No Equipment No Repeat**

Lesson 37 : **20 MIN SWEATY TABATA HIIT Workout No Equipment No Repeat**

Lesson 38 : **20 MIN INTENSE AB WORKOUT No Equipment**

Lesson 39 : **24 Min Tabata HIIT Workout to Burn Some Serious Calories No Equipment No Repeat**

Lesson 40 : **20 Min Legs And Abs Workout No Equipment No Repeat**

Lesson 41 :
BURN 500 CALORIES with this 20 Minute Cardio HIIT Workout No Equipment No Repeats

Lesson 42 : **30 MIN FULL BODY DUMBBELL Workout No Repeat Home Workout**

Lesson 43 : **20 Min HIIT Workout For Fat Loss Burn 300 Calories Full Body No Equipment**

Lesson 44 : **20 MIN TABATA HIIT WORKOUT Full Body No Equipment No Repeat**

Lesson 45 : **LOSE BELLY FAT in 7 Days Intense Abs Cardio 20 Minute Home Workout**

Lesson 46 :
20 MIN TABATA HIIT Intense Full Body Workout No Equipment No Repeat Home Workout

Lesson 47 : **20 MIN ABS HIIT CARDIO Workout At Home Belly Fat Burner**

Lesson 48 : **20 MIN TABATA HIIT Intense Full Body Workout No Equipment No Repeat**

Lesson 49 : **25 Min Full Body Cardio HIIT Workout Fat Burning No Equipment**

Lesson 50 : **20 Min TABATA HIIT Workout Burn 400 Calories Full Body No Equipment**

Lesson 51 :
30 Min Full Body HIIT Workout For Fat Burn Cardio Burn 500 Calories No Repeat No Equipment

Lesson 52 :
BURN 500 CALORIES with this 30 Minute Cardio Workout Fat Burning HIIT Workout At Home

Lesson 53 : **20 MIN TABATA HIIT Super Sweaty Full Body Workout No Equipment No Repeat**

Lesson 54 : **30 MIN FULL BODY CARDIO HIIT Workout Intense No Equipment**

Lesson 55 : **25 MIN FULL BODY CARDIO HIIT Workout Intense No Equipment**

Lesson 56 : **INTENSE LEGS BOOTY WORKOUT 30 Min Lower Body HIIT No Equipment**

Lesson 57 : **Full Body Yoga for Strength Flexibility 25 Minute Mobility Routine At Home**

Lesson 58 : **Burn Belly Fat With This 20 Min ABS HIIT WORKOUT No Equipment No Repeat**

Lesson 59 : **20 MIN TABATA HIIT Full Body Calorie Killer Home Workout No Equipment No Repeat**

Lesson 60 : **20 Min Full Body Stretch Tone Workout for Active Rest Days**

Lesson 61 : **Burn Belly Fat With This 30 Min Abs HIIT Workout No Equipment No Repeat**

Lesson 62 : **KILLER LEG DAY Intense Lower Body HIIT Workout At Home No Equipment**

Lesson 63 : **Fun Christmas Workout 20 Min Full Body Cardio HIIT Sweat Session**

Lesson 64 : **20 Min Fat Burning Cardio HIIT Workout Burn 300 Calories No Equipment No Repeat**

Lesson 65 : **30 MIN BOOTY BURN Glute Workout With Resistance Band At Home**

Lesson 66 :
20 MIN CARDIO WORKOUT Body Combat Inspired HIIT Workout With Kickboxing and Boxing

Lesson 67 : **20 MIN TONED ARMS WORKOUT No Equipment**

Lesson 68 :
KILLER LEGS BUTT WORKOUT 30 Min Lower Body HIIT Workout No Repeat No Equipment

Lesson 69 : **25 Min Full Body Yoga for Strength Flexibility At Home Mobility Routine**

Lesson 70 : **INNER THIGH WORKOUT Burn Inner Thigh Fat With This 20 Minute Home Workout**

Lesson 71 :
INTENSE FAT BURNING WORKOUT 30 Min Full Body HIIT To Lose Weight At Home No Equipment

Lesson 72 : **INTENSE 6 PACK ABS Workout You Can Do Anywhere Get Ab Lines Slim Waist**

Lesson 73 :
FAT BURNING CARDIO WORKOUT Do This 30 Minute Full Body HIIT Workout To Burn 500 Calories At Home

Lesson 74 :
20 MIN SUMMER SHRED HIIT WORKOUT Full Body Intense Cardio Strenght No Repeat No Equipment

Lesson 75 :
TINY WAIST ROUND BUTT WORKOUT 20 Min Hourglass Abs Lose muffin Top Love Handles

Lesson 76 : **SUMMER ABS IN 7 DAYS 20 Minute Home Workout To Lose Belly Fat**

Lesson 77 : **BURN 500 CALORIES with this 20 Minute Cardio Workout HIIT Workout At Home**

Lesson 78 : **20 MIN SIXPACK ABS WORKOUT Intense Total Core At Home No Equipment**

Lesson 79 : **20 Min Full Body HIIT Workout No Jumping Apartment Friendly No Equipment**

Lesson 80 : **25 Min HIIT Workout To Grow Your Booty Burn 300 Calories At Home No Equipment**

Lesson 81 : **20 MIN BOOTY WORKOUT No Equipment Do At Home**

Lesson 82 :
20 Min Abs Cardio HIIT Workout To Lose Belly Fat Burn 300 Calories At Home No Equipment

Lesson 83 :
20 Min Intense HIIT Workout For Fat Burn Cardio Burn 300 Calories At Home No Equipment

Lesson 84 :
25 Min Hardcore Full Body HIIT Workout For Fat Burn Cardio No Equipment At Home No Repeats

Lesson 85 :
20 Min Intense HIIT Workout For Fat Burn Cardio Burn 300 Calories At Home No Equipment

Lesson 86 : **20 MIN TONED ARMS ABS Workout Upper Body HIIT No Equipment No Repeats**

Lesson 87 : **20 Min Full Body Pilates Workout At Home Pilates Sculpt And Tone Beginner Friendly**

Lesson 88 : **20 MIN BOOTY WORKOUT Butt Shaping Round Glutes At home No Equipment**

Lesson 89 : **20 MIN CORE AB WORKOUT At Home Pilates No Repeats No Equipment**

Related courses

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for Business Contact
business@mindluster.com