Mindluster Platform

About the course Stability Ball workouts at home

Stability Ball workouts course, in this course we will explore the fundamentals of Stability Ball workouts, focusing on exercises that improve balance, flexibility, core strength, and posture. The course covers key workouts like crunches, planks, and hamstring curls using the stability ball, designed to engage deep muscles and enhance overall stability. You will learn how to perform each exercise correctly, with progressions for different fitness levels. The course also emphasizes injury prevention and offers tips for incorporating stability ball routines into your daily fitness plan. Whether you're a beginner or an advanced trainee, this course will equip you with practical tools to build strength, improve flexibility, and boost body control.

Medical Category's Courses

Course Lesson(2)

Lesson 1 : **30 Min FULL BODY STABILITY BALL WORKOUT at Home**

Lesson 2 : **30 Minute Stability Ball Workout Hamstrings Abs Pure Endure Day 3**

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