Mindluster Platform

About the course Glute ankle weight workout at home

Glute ankle weight workout course, in this course we will focus on sculpting and strengthening the glute muscles using ankle weights for added resistance. You'll learn effective exercises such as donkey kicks, leg lifts, fire hydrants, and glute bridges, each designed to activate and build the glutes with proper form. This course emphasizes progressive overload to increase intensity as you advance, ensuring continuous muscle growth. Weâ€™ll cover warm-up and cool-down routines, injury prevention techniques, and tips for balancing resistance with reps for optimal results. Whether you're a beginner or experienced, this course offers customized routines that fit different fitness levels and goals. With consistent practice, youâ€™ll build stronger, more defined glutes while improving hip stability and posture.

Medical Category's Courses

Course Lesson(6)

Lesson 1 : **1000 REP Lower Body Challenge Leg Glutes Workout Pure Endure Day 1**

Lesson 2 : **500 REP Shoulder Challenge Shoulders Workout Pure Endure Day 2**

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

Lesson 4 : **Glute Ankle Weight Workout Knee Friendly Pure Endure Day 4**

Lesson 5 : **500 REP Full Body Challenge Total Body Workout Pure Endure Day 5**

Lesson 6 : **500 Rep Cardio Challenge Full Bodyweight Workout Pure Endure Day 6**

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