Mindluster Platform

About the course Calisthenics Leg workout at home

Calisthenics Leg workout course, in this course weâ€™ll focus on building leg strength, endurance, and mobility using bodyweight exercises. Youâ€™ll learn effective movements such as squats, lunges, step-ups, Bulgarian split squats, pistol squats, and wall sits. These exercises engage major muscle groups like the quads, hamstrings, glutes, and calves, promoting balance, flexibility, and functional strength without the need for equipment. The course also emphasizes proper form to avoid injuries, along with techniques to gradually progress to advanced movements like single-leg squats. Whether you are a beginner or experienced athlete, the routines are scalable to your level. Weâ€™ll explore explosive plyometric drills to boost power and mobility stretches for improved recovery. By the end of this course, youâ€™ll develop stronger, more resilient legs and enhance overall body control and athletic performance.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **CALISTHENICS LEG WORKOUT Bodyweight Only Leg Day Day One**

Lesson 2 : **CALISTHENICS UPPER BODY CORE WORKOUT Bodyweight Only Day Two**

Lesson 3 : **CALISTHENICS GLUTES HAMSTRINGS WORKOUT Bodyweight Only Day Three**

Lesson 4 : **CALISTHENICS FULL BODY WORKOUT Bodyweight Complexes Day Four**

Lesson 5 : **HIIT WORKOUT Bodyweight Only Calisthenics Series Day 5**

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