Mindluster Platform

About the course Beastmode Lower body workout for beginners

Beastmode Lower body workout course, in this course youâ€™ll explore an intense lower body training regimen designed to build strength, power, and endurance in your legs, glutes, and thighs. The Beastmode Lower Body Workout Course focuses on high-impact exercises like squats, deadlifts, lunges, step-ups, and glute bridges, pushing your muscles to their limits. This program combines strength training and endurance exercises, helping you sculpt your legs and boost lower body performance. Weâ€™ll guide you through proper techniques to ensure maximum muscle activation while preventing injury, whether you're using bodyweight, dumbbells, or resistance bands. Youâ€™ll also learn how to progressively overload your workouts to continue challenging yourself and building strength. Suitable for intermediate to advanced participants, the course offers modifications to adjust intensity as needed. By the end, youâ€™ll have a complete lower body workout plan that can be done at home or in the gym, helping you develop explosive power, tone your muscles, and achieve peak lower body fitness.

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **BEASTMODE LEG DAY Intense Leg Workout with Dumbbells Day 1**

Lesson 2 : **BEASTMODE SHOULDERS AND ARMS Intense Upper Body Workout Day 2**

Lesson 3 : **BEASTMODE HAMSTRINGS AND GLUTES Intense Lower Body Workout Day 3**

Lesson 4 : **BEASTMODE FULL BODY WORKOUT Intense Strength Training Day 4**

Lesson 5 : **BEASTMODE HIIT High Intensity Full Body Workout Day 5**

Lesson 6 : **BEASTMODE BACK AND BICEPS Intense Upper Body Workout Day 6**

Lesson 7 : **BEASTMODE LOWER BODY WORKOUT Legs Quads Hamstrings Glutes Day 7**

Lesson 8 : **BEASTMODE CHEST AND TRICEP WORKOUT Intense Upper Body Day 8**

Lesson 9 : **BEASTMODE FULL BODY Strength Sweat Dumbbell Cardio Workout Day 9**

Lesson 10 : **BEASTMODE HIGH INTENSITY Dumbbell HIIT Cardio Workout Day 10**

Related courses

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Pharynx

Endocrine

General Embryology



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