Mindluster Platform

About the course Hamstring and back workout at home

Hamstring and back workout course, in this course we will learn about effective exercises to strengthen and tone the hamstrings and back muscles. This program targets key muscle groups, including the lower back, upper back, and hamstrings, improving strength, flexibility, and posture. Exercises like deadlifts, Romanian deadlifts, back extensions, rows, and good mornings will be covered, with a focus on proper form to prevent injury. The course offers modifications for beginners and more advanced techniques for experienced participants, ensuring progressive improvement. Weâ€™ll also explore warm-ups, cool-downs, and stretching routines to promote muscle recovery and flexibility. This course is ideal for anyone seeking a balanced, strong posterior chain.

Medical Category's Courses

Course Lesson(11)

Lesson 1 : **Uncomplicated Complexes LEG DAY Workout EPIC Heat Day 1**

Lesson 2 : **15 Minute HARD WORKING Hamstrings RDL Dumbbell Workout**

Lesson 3 : **SUPERior Shoulders Workout Dumbbells EPIC Heat Day 2**

Lesson 4 : **TREMBLING TRICEPS 20 min Tricep Workout with Dumbbells**

Lesson 5 : **LOADED Glute Hamstring Back Workout Posterior Chain EPIC II Day 37**

Lesson 6 : **20 Min Jumping Jack CARDIO WORKOUT at Home Caroline Girvan**

Lesson 7 : **UNFORGIVING Full Body Workout with Dumbbells EPIC Heat Day 14**

Lesson 8 : **10 MIN MAKER WORKOUT Intense Full Body with Dumbbells**

Lesson 9 : **DISCIPLINED Dumbbell HIIT Workout Full Body EPIC Heat Day 10**

Lesson 10 : **10 MIN UNBROKEN AB WORKOUT No Equipment Caroline Girvan**

Lesson 11 : **15 Min Core Abs Workout Twenty PLANK Variations No Equipment**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

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