Mindluster Platform

About the course Bodyweight Leg workout for beginners

Bodyweight Leg workout course, in this course we will learn about effective leg exercises using just body weight to build strength, endurance, and flexibility. The program targets key lower-body muscles, including the quadriceps, hamstrings, glutes, and calves. Participants will explore exercises such as squats, lunges, step-ups, glute bridges, and calf raises. These exercises require no equipment, making them perfect for home workouts or when traveling. Emphasis will be placed on proper form and technique to prevent injuries and maximize results. The course offers modifications to suit all fitness levels, ensuring progress over time. Warm-ups, cool-downs, and stretching routines are also included to improve flexibility and aid recovery, helping you achieve toned, strong legs through consistent practice.

Medical Category's Courses

Course Lesson(17)

Lesson 1 : **CALM COLLECTED Calisthenics Full Body Workout EPIC Endgame Day 39**

Lesson 2 : **20 Minute Bodyweight Leg Workout Calisthenics Giant Sets**

Lesson 3 : **1 Hour Full Body Workout at Home Calisthenics NO EQUIPMENT NO JUMPING**

Lesson 4 : **CORE Calisthenics Full Body Workout NO EQUIPMENT EPIC III Day 39**

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

Lesson 6 : **CALISTHENICS FULL BODY WORKOUT Bodyweight Complexes Day Four**

Lesson 7 : **CALISTHENICS GLUTES HAMSTRINGS WORKOUT Bodyweight Only Day Three**

Lesson 8 : **CALISTHENICS UPPER BODY CORE WORKOUT Bodyweight Only Day Two**

Lesson 9 : **CALISTHENICS LEG WORKOUT Bodyweight Only Leg Day Day One**

Lesson 10 : **45 Minute Unilateral Calisthenics Full Body Workout Bodyweight Caroline Girvan**

Lesson 11 :
WE ARE 1 MILLION WORKOUT 30 Min Full Body No Equipment No Jumping No Repeat Calisthenics

Lesson 12 : **CONDITIONED Calisthenics Full Body Workout EPIC Heat Day 9**

Lesson 13 : **ELEVATED Calisthenics Workout Full Body EPIC II Day 49**

Lesson 14 : **KINETIC Calisthenics Full Body Workout No Equipment EPIC II Day 35**

Lesson 15 : **CALISTHENICS 1 Hour Full Body Workout No Equipment EPIC II Day 20**

Lesson 16 : **15 MIN FOLLOW ALONG PULL UP WORKOUT Bodyweight Calisthenics**

Lesson 17 : **1 HOUR FULL BODY WORKOUT at Home NO EQUIPMENT Calisthenics**

Related courses

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Anatomy

Pharynx

Endocrine

General Embryology



for Business Contact
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