Mindluster Platform

About the course Knee lower body workouts at Home

Knee lower body workouts course, in this course we will focus on exercises designed to strengthen the muscles supporting the knee and improve lower body mobility. You'll learn effective routines such as squats, lunges, step-ups, and leg curls to target the quads, hamstrings, glutes, and calves. The course emphasizes proper form and technique to prevent injury, enhance joint stability, and build endurance. Whether your goal is injury prevention, knee rehabilitation, or improving athletic performance, this course offers modifications for all fitness levels. By the end, youâ€™ll master safe and effective movements to boost strength, flexibility, and mobility in your lower body. Join us to keep your knees strong and healthy.

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **20 Minute Glute Workout with Ankle Weights Optional KNEE FRIENDLY**

Lesson 2 : **DEMANDING Glutes and Hamstrings Workout Knee Friendly EPIC III Day 13**

Lesson 3 : **Glute Ankle Weight Workout Knee Friendly Pure Endure Day 4**

Lesson 4 : **LOADED Glute Hamstring Back Workout Posterior Chain EPIC II Day 37**

Lesson 5 : **20 MIN KNEE FRIENDLY LEG WORKOUT with Dumbbells NO JUMPING**

Lesson 6 : **30 Min GLUTES LEG WORKOUT at Home Ankle Weights Optional**

Lesson 7 : **40 Min ADVANCED ABS GLUTES WORKOUT with Ankle Weights Optional**

Lesson 8 : **1000 REP Epic Glute Challenge Workout with No Equipment**

Lesson 9 : **Ultimate Abs and Glutes Workout No Equipment Follow Along**

Lesson 10 : **at Home BOOTY WORKOUT with Ankle Weights Optional**

Related courses

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Pharynx

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General Embryology

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