Mindluster Platform

About the course Stretching workouts at home

Stretching workouts course, in this course we will explore effective stretching techniques to improve flexibility, reduce muscle stiffness, and prevent injuries. Youâ€™ll learn dynamic stretches for warm-ups and static stretches for cool-downs, targeting major muscle groups like the legs, back, shoulders, and core. Weâ€™ll focus on proper form and breathing techniques to enhance mobility and relaxation. The course also covers personalized stretching routines to fit different fitness goals, such as improving posture, relieving tension, or enhancing athletic performance. Whether youâ€™re a beginner or experienced, these workouts are designed to increase range of motion and support recovery. Join us to unlock the full benefits of stretching for a healthier, more flexible body.

Medical Category's Courses

Course Lesson(4)

Lesson 1 : **UNWIND 20 Min Full Body Stretch Routine Caroline Girvan**

Lesson 2 :
Day 49 of EPIC Full body Strength and Stretch Workout BODYWEIGHT ONLY NO EQUIPMENT

Lesson 3 : **1 Hour STRENGTH STRETCH WORKOUT at Home Day Five of Five**

Lesson 4 : **Full Body Stretch and Strength Routine Increase Flexibility 25 Mins**

Related courses

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