Mindluster Platform

About the course Legs and core workout at home

Legs and core workout course, in this course we will explore exercises designed to strengthen the lower body and core muscles. You'll learn effective routines that target the glutes, quads, hamstrings, calves, and core muscles, including planks, lunges, squats, bridges, and leg raises. The course emphasizes proper form and breathing techniques to ensure safety and maximize results. Weâ€™ll also cover progressive variations for different fitness levels, from beginner to advanced. Whether your goal is to build strength, enhance stability, or improve athletic performance, these workouts will help you develop balanced muscle strength and endurance. Join us to master practical exercises that can be done at home or in the gym.

Medical Category's Courses

Course Lesson(33)

Lesson 1 : **CALISTHENICS GLUTES HAMSTRINGS WORKOUT Bodyweight Only Day Three**

Lesson 2 : **CALISTHENICS LEG WORKOUT Bodyweight Only Leg Day Day One**

Lesson 3 : **15 Min Wall Sit Challenge Leg Workout Caroline Girvan**

Lesson 4 : **ONE THOUSAND Rep Lunge Challenge Leg Workout No Equipment**

Lesson 5 : **15 MIN EXPLOSIVE LEG WORKOUT Plyometric and Isometric**

Lesson 6 : **20 Min LEG WORKOUT Bulgarian Split Squats Lunges Lower Body**

Lesson 7 : **30 Min GLUTES LEG WORKOUT at Home Ankle Weights Optional**

Lesson 8 : **10 Min LEG WORKOUT at Home Lunges Challenge No Equipment**

Lesson 9 : **30 Min OUTER INNER THIGH WORKOUT at Home Ankle Weights Optional**

Lesson 10 : **45 Min GLUTE HAMSTRING WORKOUT Strong Lean Series Day 3**

Lesson 11 : **45 Min QUAD FOCUSED LEG WORKOUT Strong Lean Series Day 1**

Lesson 12 : **30 Min DEFINED CALVES LEG WORKOUT at Home Bodyweight Only**

Lesson 13 : **40 Min ADVANCED ABS GLUTES WORKOUT with Ankle Weights Optional**

Lesson 14 : **1 Hour GLUTES LOWER ABS WORKOUT at Home Day Three of Five**

Lesson 15 : **30 Min LEGS AND GLUTES WORKOUT at Home Ankle Weights Optional**

Lesson 16 : **20 Minute Legs and Core Workout at Home with No Equipment**

Lesson 17 : **10 Minute Squat and Lunge Workout at Home**

Lesson 18 : **Abs and Glutes Workout Combo 30 Minutes with Mini Band**

Lesson 19 : **10 Minute Isometric Leg Workout at Home**

Lesson 20 : **500 Rep Lunge Challenge Bodyweight and Dumbbells**

Lesson 21 : **10 Minute Leg Workout Lunges at Home Workout**

Lesson 22 : **1000 REP Epic Glute Challenge Workout with No Equipment**

Lesson 23 : **10 Min Full Body Workout Legs Arms No Equipment**

Lesson 24 : **12 Min BODYWEIGHT HAMSTRINGS Workout Follow Along**

Lesson 25 : **Ultimate Abs and Glutes Workout No Equipment Follow Along**

Lesson 26 : **20 Min Leg Workout Glutes Thighs Core Bodyweight Follow Along**

Lesson 27 : **5 Minute Leg Workout Follow Along with No Equipment**

Lesson 28 : **8 Minute Glute Workout at Home Booty Band**

Lesson 29 : **1000 Squat Challenge at Home 1000 Bodyweight Squats Workout**

Lesson 30 : **at Home BOOTY WORKOUT with Ankle Weights Optional**

Lesson 31 : **10 Minute SQUAT CHALLENGE at Home Workout**

Lesson 32 : **20 Minute Bodyweight Leg Workout Calisthenics Giant Sets**

Lesson 33 : **20 Minute Glute Workout with Ankle Weights Optional KNEE FRIENDLY**

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for Business Contact
business@mindluster.com