Mindluster Platform

About the course Ankle weight workouts at gym

Ankle weight workouts course, in this course we will explore the benefits of using ankle weights to enhance your workouts. Youâ€™ll learn effective exercises such as leg lifts, donkey kicks, glute bridges, and side lunges to target key muscles in the legs, glutes, and core. The added resistance of ankle weights helps build muscle strength, improve endurance, and increase calorie burn. Weâ€™ll focus on proper form and progressive overload to prevent injury and ensure effective results. This course offers variations for all fitness levels, making it ideal for beginners and advanced users alike. Whether your goal is to tone muscles, improve balance, or enhance athletic performance, these ankle weight workouts will help you achieve noticeable results. Join us to unlock new ways to intensify your fitness routine.

Medical Category's Courses

Course Lesson(9)

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

Lesson 2 : **Glute Ankle Weight Workout Knee Friendly Pure Endure Day 4**

Lesson 3 : **20 MIN GLUTE ISOLATION WORKOUT Activation or Finisher Ankle Weights Optional**

Lesson 4 : **20 Min INNER OUTER THIGH WORKOUT Ankle Weights Optional**

Lesson 5 : **30 Min GLUTES LEG WORKOUT at Home Ankle Weights Optional**

Lesson 6 : **30 Min OUTER INNER THIGH WORKOUT at Home Ankle Weights Optional**

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

Lesson 8 : **30 Min LEGS AND GLUTES WORKOUT at Home Ankle Weights Optional**

Lesson 9 : **at Home BOOTY WORKOUT with Ankle Weights Optional**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com