Mindluster Platform

About the course Push ups and abs workout at home

Push ups and abs workout course, in this course we will combine two effective bodyweight exercisesâ€”push-ups and abdominal workoutsâ€”to enhance upper body and core strength. Youâ€™ll learn proper push-up techniques that target the chest, shoulders, and triceps while also engaging your core. We will cover various push-up variations, including standard push-ups, incline push-ups, and diamond push-ups, allowing you to customize your workout based on your fitness level. In addition, weâ€™ll focus on core-strengthening exercises such as planks, crunches, and leg raises that will complement your push-up routine. The course emphasizes proper form and technique to maximize results and minimize the risk of injury. Whether you are a beginner or an advanced fitness enthusiast, this course provides modifications and progressions to help you achieve your goals. Join us to master push-ups and ab workouts, enhancing your overall strength and fitness.

Medical Category's Courses

Course Lesson(18)

Lesson 1 : **PERFECT Push Ups and Abs Workout Bodyweight EPIC Endgame Day 48**

Lesson 2 : **PRODIGY Push Ups and Abs Bodyweight Workout EPIC III Day 46**

Lesson 3 : **CALISTHENICS UPPER BODY CORE WORKOUT Bodyweight Only Day Two**

Lesson 4 : **POWERFUL Push Up Workout Upper Body No Equipment EPIC Heat Day 48**

Lesson 5 : **15 Minute SUPERSET Upper Body Core Workout No Equipment**

Lesson 6 : **PROactive PUSH UP Workout EPIC II Day 43**

Lesson 7 : **15 MIN FOLLOW ALONG PULL UP WORKOUT Bodyweight Calisthenics**

Lesson 8 : **15 MIN PUSH ARM WORKOUT Bodyweight Only Biceps and Triceps**

Lesson 9 : **15 Min BODYWEIGHT BACK and CORE WORKOUT at Home No Weights**

Lesson 10 : **10 Min PUSH UP WORKOUT TIPS Beginner to Advanced**

Lesson 11 : **45 Min BACK SHOULDER WORKOUT Strong Lean Series Day 4**

Lesson 12 : **45 Min TRICEPS CHEST WORKOUT Strong Lean Series Day 2**

Lesson 13 : **1 Hour UPPER BODY UPPER ABS WORKOUT at Home Day Two of Five**

Lesson 14 : **10 Min PUSH UP CHALLENGE at Home Workout How many can you do**

Lesson 15 :
10 MIN ISOMETRIC UPPER BODY WORKOUT Follow Along with No Equipment at Home

Lesson 16 : **10 Min Full Body Workout Legs Arms No Equipment**

Lesson 17 : **10 MIN ARMS AND CORE WORKOUT Follow Along No Equipment**

Lesson 18 : **5 Minute Push Ups Workout at Home**

Related courses

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