Mindluster Platform

About the course Glutes and lower abs workout at home

Glutes and lower abs workout course, in this course we will learn about the Glutes and Lower Abs Workout, focusing on strengthening and toning these areas with home-friendly exercises. The program includes essential movements like glute bridges, donkey kicks, reverse leg raises, and plank variations that target both the glutes and lower abs. You'll explore proper techniques to ensure effective muscle activation, improve posture, and enhance stability. This course is designed for all fitness levels, offering variations with body weight, ankle weights, or resistance bands. By the end, you'll gain the tools to develop a balanced routine to tone your core and glutes while improving strength and endurance.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **1 Hour QUADS AND CORE WORKOUT at Home Day One of Five**

Lesson 2 : **1 Hour UPPER BODY UPPER ABS WORKOUT at Home Day Two of Five**

Lesson 3 : **1 Hour GLUTES LOWER ABS WORKOUT at Home Day Three of Five**

Lesson 4 : **1 Hour ISOMETRIC FULL BODY WORKOUT at Home Day Four of Five**

Lesson 5 : **1 Hour STRENGTH STRETCH WORKOUT at Home Day Five of Five**

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for Business Contact
business@mindluster.com