Mindluster Platform

About the course Warm Up workout at gym

Warm Up workout course, in this course we will learn about the Warm Up Workout, focusing on preparing the body for physical activity by enhancing flexibility, blood flow, and muscle activation. The program covers essential warm-up exercises, including light cardio movements like jogging in place, dynamic stretches such as arm circles and lunges, and sport-specific drills. You'll discover the importance of warming up to reduce injury risk, improve performance, and ease muscle tension. This course offers routines tailored to different workouts, ensuring your body is ready for any activity. By the end, you'll be equipped with effective warm-up techniques to safely and efficiently prepare for exercise.

Medical Category's Courses

Course Lesson(6)

Lesson 1 : **9 Min Full Body Warm Up Routine Caroline Girvan EPIC Heat**

Lesson 2 : **10 Min Full Body WARM UP with Caroline Girvan Low Impact**

Lesson 3 : **Cardio HIIT WARM UP by Caroline Girvan Follow Along**

Lesson 4 : **5 Min HIIT Warm Up Caroline Girvan**

Lesson 5 : **5 Min Full Body Warm Up with Caroline Girvan**

Lesson 6 : **5 Minute Warm Up Routine**

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