Mindluster Platform

About the course Full bodyweight workout at home

Full bodyweight workout course, in this course provides a comprehensive guide to building strength, endurance, and flexibility using only your bodyweightâ€”no equipment needed! You'll learn effective exercises targeting every muscle group, including core, legs, arms, chest, and back. Designed for all fitness levels, the program focuses on proper form, progressive routines, and injury prevention. By mastering various workout styles such as circuit training, HIIT, and mobility drills, you'll enhance cardiovascular fitness and muscle tone. Whether your goal is weight loss, muscle gain, or improved athletic performance, this course offers the tools to track progress and stay motivated. Get ready to achieve your fitness goals anytime, anywhere.

Medical Category's Courses

Course Lesson(21)

Lesson 1 : **500 Rep Cardio Challenge Full Bodyweight Workout Pure Endure Day 6**

Lesson 2 : **500 REP Full Body Challenge Total Body Workout Pure Endure Day 5**

Lesson 3 : **500 REP Shoulder Challenge Shoulders Workout Pure Endure Day 2**

Lesson 4 : **1000 REP Lower Body Challenge Leg Glutes Workout Pure Endure Day 1**

Lesson 5 : **15 Min Wall Sit Challenge Leg Workout Caroline Girvan**

Lesson 6 : **1000 REPS Ab Challenge INTENSE ABS WORKOUT Caroline Girvan**

Lesson 7 : **ONE THOUSAND Rep Lunge Challenge Leg Workout No Equipment**

Lesson 8 : **500 REP ABS WORKOUT at Home My 10 Favourite Ab Exercises**

Lesson 9 : **August 5 Min PLANK CHALLENGE Final Day Caroline Girvan**

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

Lesson 11 : **30 Min EXPLOSIVE FULL BODY HIIT WORKOUT at Home No Equipment**

Lesson 12 : **5 Min CORE STABILITY WORKOUT Plank Challenge**

Lesson 13 : **10 Min PUSH UP CHALLENGE at Home Workout How many can you do**

Lesson 14 : **PLANK WALL SIT CHALLENGE at Home Can you last 15 minutes**

Lesson 15 : **500 Rep Arm Challenge Band or Dumbbells at Home Workout**

Lesson 16 : **1000 Rep Ab Challenge Six Pack Workout**

Lesson 17 : **500 Rep Lunge Challenge Bodyweight and Dumbbells**

Lesson 18 : **1000 REP Epic Glute Challenge Workout with No Equipment**

Lesson 19 : **Brutal Burpees How far can you go HIIT Workout Challenge**

Lesson 20 : **1000 Squat Challenge at Home 1000 Bodyweight Squats Workout**

Lesson 21 : **5 Minute PLANK CHALLENGE Follow Along Workout**

Related courses

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