Mindluster Platform

About the course Intense cardio HIIT workouts at gym

Intense cardio HIIT workouts course, in this course we will explore the power of high-intensity interval training (HIIT) designed to elevate your heart rate, boost endurance, and maximize calorie burn. Youâ€™ll learn how to perform explosive cardio exercises with short rest intervals, targeting different muscle groups for a full-body workout. The program is suitable for all fitness levels, offering modifications to ensure safety and progress. Each session focuses on building strength, agility, and cardiovascular health, while also accelerating fat loss and metabolism. By the end of the course, youâ€™ll gain the knowledge and skills to confidently perform intense cardio HIIT workouts and achieve optimal fitness in less time.

Medical Category's Courses

Course Lesson(51)

Lesson 1 : **50 Min Full Body Dumbbell Workout At Home Build Muscle No Talking**

Lesson 2 : **45 MIN INTENSE HIIT WORKOUT Full Body No Equipment At Home**

Lesson 3 : **45 Min Full Body HIIT Workout At Home No Equipment No Repeats**

Lesson 4 : **60 Min HIIT Workout For Fat Burn Cardio At Home Full Body No Equipment No Repeats**

Lesson 5 :
60 MIN INTENSE HIIT Workout to BURN 1000 CALORIES Full Body Cardio At Home No Equipment

Lesson 6 : **40 MIN FULL BODY CARDIO HIIT Workout No Equipment Home Workout**

Lesson 7 :
40 MIN FULL BODY CARDIO HIIT Workout With Weights Build Strength and Torch Calories

Lesson 8 : **50 MIN FULL BODY HIIT WORKOUT With Weights Build Strength At Home**

Lesson 9 : **60 MIN CALORIE KILLER HIIT Workout Full body Cardio No Equipment No Repeat**

Lesson 10 :
50 MIN INTENSE HIIT WORKOUT Burn 1000 Calories Full Body Cardio At Home No Repeats

Lesson 11 :
45 MIN INTENSE NO JUMPING HIIT Workout Full Body Fat Burn No Equipment No Repeat

Lesson 12 : **40 MIN INTENSE HIIT Full Body Workout No Equipment No Repeat Home Workout**

Lesson 13 :
45 MIN ALL STANDING HIIT CARDIO Workout No Equipment No Repeat Home Workout

Lesson 14 : **45 Min INTENSE Full Body Walking Workout Burns over 500 Calories NO REPEATS**

Lesson 15 : **60 Min Extreme HIIT Workout For Fat Burn Cardio No Equipment No Repeats**

Lesson 16 : **40 Min Full Body Cardio HIIT Workout No Repeat No Equipment**

Lesson 17 :
Burn 1000 Calories with this 45 MIN CARDIO HIIT Workout Full Body No Equipment No Repeats

Lesson 18 :

All Standing Fat Burning Workout 40 Min Full Body HIIT No Jumping Beginner Friendly

Lesson 19 : **45 MIN CARDIO HIIT Full Body Calorie Killer Workout At Home**

Lesson 20 : **50 MIN ABS CARDIO HIIT WORKOUT Burn Belly Fat At Home No Equipment**

Lesson 21 :
BURN 1000 CALORIES With This 1 Hour Cardio HIIT Workout Full Body HIIT For Weight Loss

Lesson 22 : **HIIT Workout For Fat Burn Cardio 45 Min Full Body No Equipment Workout At Home**

Lesson 23 : **40 Min Full Body Workout for BEGINNERS No Equipment**

Lesson 24 : **40 MIN ABS CARDIO HIIT Workout At Home No Equipment**

Lesson 25 :
BURN 1000 CALORIES With This 1 Hour Cardio HIIT Workout Full Body Workout To Lose Weight

Lesson 26 :
45 MIN INTENSE HIIT WORKOUT Burn 500 Calories Full Body Cardio At Home No Repeats

Lesson 27 : **Low Impact Fat Burning Workout 40 Min Full Body Cardio No Jumping**

Lesson 28 :
BURN 1000 CALORIES With This 1 Hour Cardio HIIT Workout Full Body HIIT For Fat Loss

Lesson 29 : **FULL BODY PILATES HIIT 40 Min Intense Fusion Workout No Equipment At Home**

Lesson 30 : **60 MIN HIIT Workout Full Body Cardio No Equipment No Repeat**

Lesson 31 :
ABS LEGS WORKOUT For A Flat Belly Lean Legs 50 Minute Fat Burning Cardio Workout At Home

Lesson 32 : **KICKBOXING CARDIO WORKOUT 50 Min Fat Burning HIIT Workout At Home**

Lesson 33 :
40 MIN SUPER HARD HIIT WORKOUT Burn 700 Calories Full Body Cardio At Home No Repeats

Lesson 34 : **1 HOUR TOTAL BODY WORKOUT Fat Burning Cardio HIIT At Home No Repeat**

Lesson 35 :
45 MIN KILLER LEG WORKOUT Booty Thighs Calves Lower Body HIIT No Equipment No Repeats

Lesson 36 :
50 MIN INTENSE HIIT WORKOUT Burn 1000 Calories Full Body Cardio At Home No Repeats

Lesson 37 :
BURN 700 CALORIES With This 50 Minute Full Body HIIT Workout Fat Burn Cardio Workout At Home

Lesson 38 :
50 MIN SLIM LEGS ROUND BUTT WORKOUT Burn Thigh Fat Low Impact No Squats No Jumps

Lesson 39 :
BURN 500 CALORIES With This 45 Minute Full Body Cardio Workout HIIT Workout At Home

Lesson 40 : **50 MIN INTENSE FULL BODY HIIT WORKOUT With Dumbbells No Repeats At Home**

Lesson 41 :
40 MIN BOOTY THIGH WORKOUT Tone Your Thighs And Build Your Booty At Home Pilates

Lesson 42 :
40 MIN SUMMER SHRED HIIT WORKOUT Full Body Intense Cardio No Repeat No Equipment

Lesson 43 :
Do This Workout To Lose Weight 45 Min Full Body HIIT Workout At Home No Repeats No Equipment

Lesson 44 :

45 Min Intense Full Body HIIT Workout Do This Workout To Lose Weight Burn Lots Of Calories

Lesson 45 :
BURN 1000 CALORIES With This 60 Minute Cardio HIIT Workout At Home No Equipment No Repeats

Lesson 46 :
45 Min Intense Full Body HIIT Workout 500 Calories Cardio Burn With Warm Up Cooldown

Lesson 47 :
40 Min Hardcore Full Body HIIT Workout Do This Workout To Lose Weight Burn Lots Of Calories

Lesson 48 : **45 Min Full Body HIIT Workout To Burn Calories At home No Equipment**

Lesson 49 :
40 Min Booty Burn Workout Strengthen Your Glutes Shape Your Butt At Home No Equipment

Lesson 50 : **40 Min Killer HIIT Workout Full Body Cardio At Home No Equipment No Repeat**

Lesson 51 : **40 Min Intense Cardio HIIT Workout To Burn 500 Calories At Home No Equipment**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

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