Mindluster Platform

About the course Pilates and barre inspired workouts at gym

Pilates and barre inspired workouts course, in this course we will explore workouts that blend the principles of Pilates and Barre, focusing on core strength, flexibility, and body alignment. Youâ€™ll learn Pilates techniques to engage deep muscles and enhance posture, alongside Barre-inspired exercises with small, controlled movements that tone the legs, glutes, and arms. These low-impact yet challenging routines help improve muscle endurance, stability, and balance. Suitable for all fitness levels, the program offers modifications to fit individual needs. By the end of the course, you'll gain the skills to practice Pilates and Barre-inspired workouts effectively, boosting your overall fitness, flexibility, and mind-body connection.

Medical Category's Courses

Course Lesson(14)

Lesson 1 : **30 Min Full Body Pilates HIIT Workout Low Impact No Equipment No Repeats**

Lesson 2 : **10 Min Full Body Pilates HIIT Workout At Home No Equipment**

Lesson 3 : **10 Min Full Body Pilates HIIT Workout No Equipment At Home**

Lesson 4 : **30 Min Full Body Pilates HIIT Workout Burn Fat Tone Muscles No Equipment No Repeats**

Lesson 5 : **30 Min Full Body Pilates HIIT Workout All Standing Burn 300 Calories No Repeats**

Lesson 6 : **20 Min Full Body Pilates HIIT Workout At Home No Equipment**

Lesson 7 : **20 Min Full Body Pilates HIIT Workout No Equipment At Home**

Lesson 8 : **20 Min Full Body Stretch Tone Workout for Active Rest Days**

Lesson 9 : **30 MIN FULL BODY PILATES WORKOUT HIIT Fusion Workout At Home**

Lesson 10 : **FULL BODY PILATES HIIT 40 Min Intense Fusion Workout No Equipment At Home**

Lesson 11 : **30 MIN FULL BODY PILATES Low Impact Workout At Home No Equipment**

Lesson 12 : **40 MIN BOOTY THIGH WORKOUT Tone Your Thighs And Build Your Booty At Home Pilates**

Lesson 13 : **20 MIN CORE AB WORKOUT At Home Pilates No Repeats No Equipment**

Lesson 14 : **20 Min Full Body Pilates Workout At Home Pilates Sculpt And Tone Beginner Friendly**

Related courses

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for Business Contact
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