Mindluster Platform

# About the course Legs and abs workout at home

Legs and abs workout course, in this course we will focus on exercises designed to target and strengthen the muscles of the legs and abs. Youâ€™ll learn a variety of routines, including squats, lunges, planks, and core-strengthening exercises, to build lower-body endurance and sculpt your abdominal muscles. Each workout is carefully structured to enhance muscle tone, improve posture, and boost overall stability. The program offers modifications for all fitness levels, ensuring safe and effective progression. By the end of the course, you will be equipped with techniques to increase leg strength and core stability, helping you achieve toned abs and stronger legs while improving balance and athletic performance.

**Medical Category's Courses**

# Course Lesson(61)

Lesson 1 : **8 MIN DAILY AB WORKOUT Sixpack Ab Routine At Home No Equipment**

Lesson 2 : **10 MIN INTENSE CARDIO ABS Workout No Equipment**

Lesson 3 : **20 MIN TOTAL CORE WORKOUT Abs At Home No Equipment**

Lesson 4 : **10 MIN INTENSE AB WORKOUT At Home Sixpack Abs Routine No Equipment**

Lesson 5 : **20 MIN ABS BOOTY WORKOUT At Home No Equipment**

Lesson 6 : **Do This Daily For A Flat Stomach 15 Min Ab Workout At Home**

Lesson 7 : **TRAIN YOUR ABS IN 10 MINUTES Intense Ab Workout for a Flat Belly**

Lesson 8 : **30 MIN CARDIO ABS Workout Slim Your Waist Lose Belly Fat**

Lesson 9 : **2 in 1 FLAT BELLY ROUND BOOTY WORKOUT No Equipment**

Lesson 10 : **10 Min Daily Abs for a Flat Belly Quick Effective Core Workout**

Lesson 11 : **30 Min Glutes Abs No Equipment Workout for a Round Booty Flatt Belly**

Lesson 12 : **10 Min Love Handle Workout Abs Obliques Intense Burn for a Slimmer Waist**

Lesson 13 : **30 MIN CARDIO HIIT ABS Workout Flat Belly at Home**

Lesson 14 : **30 MIN ABS HIIT CARDIO Workout Belly Fat Burner At Home No Equipment**

Lesson 15 : **30 MIN ABS BOOTY Round Butt and Flat Belly Workout**

Lesson 16 : **10 MIN INTENSE AB WORKOUT**

Lesson 17 : **10 MIN DAILY AB WORKOUT FROM HOME**

Lesson 18 : **30 MIN BOOTY ABS Workout No Equipment No Repeat**

Lesson 19 : **30 MIN ABS BOOTY No Equipment Workout for a Flat Belly Round Glutes**

Lesson 20 : **20 MIN INTENSE AB WORKOUT No Equipment**

Lesson 21 : **20 MIN ABS BOOTY No Equipment Workout for a Flat Belly Round Glutes**

Lesson 22 : **30 MIN BOOTY ABS Workout No Equipment No Repeat**

Lesson 23 : **20 Min Legs And Abs Workout No Equipment No Repeat**

Lesson 24 : **LOSE BELLY FAT and SMALLER WAIST in 10 Days 30 Min Home Workout**

Lesson 25 : **10 MIN INTENSE AB WORKOUT No Equipment**

Lesson 26 : **20 MIN TOTAL CORE AB WORKOUT At Home No Equipment**

Lesson 27 : **45 MIN ABS HIIT CARDIO WORKOUT To Burn Fat At Home No Equipment**

Lesson 28 : **LOSE BELLY FAT in 7 Days Intense Abs Cardio 20 Minute Home Workout**

Lesson 29 : **20 MIN ABS HIIT CARDIO Workout At Home Belly Fat Burner**

Lesson 30 : **30 Min Abs HIIT Cardio Workout Fat Burning At Home**

Lesson 31 : **20 Min Hourglass Workout For A Slim Waist Round Butt No Equipment**

Lesson 32 : **30 Min Abs Cardio HIIT Workout To Burn Belly Fat At Home No Equipment**

Lesson 33 : **15 MIN INTENSE AB WORKOUT No Equipment No Repeat**

Lesson 34 :
**Get a Flat Stomach Abs With This 20 Min Intense Ab Workout No Equipment No Repeats**

Lesson 35 : **Burn Belly Fat With This 20 Min ABS HIIT WORKOUT No Equipment No Repeat**

Lesson 36 : **30 MIN INTENSE ABS BOOTY Workout For A Flat Belly Round Glutes**

Lesson 37 : **50 MIN ABS CARDIO HIIT WORKOUT Burn Belly Fat At Home No Equipment**

Lesson 38 : **Burn Belly Fat With This 30 Min Abs HIIT Workout No Equipment No Repeat**

Lesson 39 : **30 Min Abs Cardio HIIT Workout To Burn Belly Fat And Get A Flat Stomach**

Lesson 40 : **Belly Fat Burner Workout 30 MIN ABS CARDIO HIIT Workout For A Flat Stomach**

Lesson 41 : **40 MIN ABS CARDIO HIIT Workout At Home No Equipment**

Lesson 42 : **15 Min Abs Workout Belly Fat Burner At Home No Equipment**

Lesson 43 : **40 MIN KILLER BOOTY CORE Workout Lower Body Abs With Weights No Repeat**

Lesson 44 :
**ABS CARDIO HIIT WORKOUT 30 Min Ab Workout For A Flat Stomach No Equipment No Repeat**

Lesson 45 :
**ABS CARDIO HIIT WORKOUT 30 Min Ab Workout To Burn Belly Fat No Equipment No Repeat**

Lesson 46 :
**Get Abs in 10 DAYS And Lose Belly Fat With This 10 Min Ab Workout Abs Workout Challenge**

Lesson 47 : **CARDIO ABS WORKOUT 30 Min Ab Workout For A Flat Belly**

Lesson 48 : **INTENSE 6 PACK ABS Workout You Can Do Anywhere Get Ab Lines Slim Waist**

Lesson 49 :
**ABS LEGS WORKOUT For A Flat Belly Lean Legs 50 Minute Fat Burning Cardio Workout At Home**

Lesson 50 : **Slim Waist Round Butt Workout 30 Min At Home Hourglass Challenge**

Lesson 51 :
**FAT BURNING CARDIO ABS WORKOUT Do This 30 Min HIIT Workout To Burn 300 Calories**

Lesson 52 :
**15 MIN ABS WORKOUT Intense Sixpack Ab Workout At Home No Equipment No Repeats**

Lesson 53 : **SUMMER ABS IN 7 DAYS 20 Minute Home Workout To Lose Belly Fat**

Lesson 54 : **20 MIN CORE AB WORKOUT At Home Pilates No Repeats No Equipment**

Lesson 55 : **10 Min Standing Abs Workout For A Flat Belly No Equipment No Repeats At Home**

Lesson 56 : **30 Min Intense Abs HIIT Workout For A Flat Belly Fat Burn At Home**

Lesson 57 :
**20 Min Abs Cardio HIIT Workout To Lose Belly Fat Burn 300 Calories At Home No Equipment**

Lesson 58 : **20 MIN SIXPACK ABS WORKOUT Intense Total Core At Home No Equipment**

Lesson 59 : **15 Min Ab Workout Intense HIIT Abs Workout For Fat Loss No Equipment At Home**

Lesson 60 :
**15 Min HIIT Abs Workout Strengthen Your Core Lose Belly Fat No Equipment Do At Home**

Lesson 61 : **15 Min Abs Workout**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

for Business Contact
business@mindluster.com