Mindluster Platform

About the course HIIT cardio walking workout at home

HIIT cardio walking workout course, in this course we will learn about the HIIT Cardio Walking Workout, which combines walking with high-intensity intervals to maximize calorie burn and improve cardiovascular health. This workout alternates between fast-paced and moderate walking, helping boost endurance, metabolism, and overall fitness. Designed for all fitness levels, it provides an effective way to stay active without intense running or heavy impact on joints. The course covers proper warm-up techniques, pacing strategies, and cool-down routines to ensure a safe workout. By the end of the course, participants will gain the skills to create their own HIIT walking routines, making it easy to maintain fitness anywhere.

Medical Category's Courses

Course Lesson(42)

Lesson 1 : **20 Minute Beginner At Home HIIT Cardio Walking Workout**

Lesson 2 : **AYA NAKAMURA BEGINNER FRIENDLY 10 MIN DANCE WORKOUT**

Lesson 3 : **DO THIS EVERY MORNING FOR BEST RESULTS**

Lesson 4 : **WALK INTO YOUR POWER WOMENS EMPOWERMENT WALK**

Lesson 5 : **MORNING AFROBEATS STANDING ABS WORKOUT growwithjo**

Lesson 6 : **30 MIN MOOD BOOST ANXIETY RELEASE CARDIO WORKOUT**

Lesson 7 : **10 MIN BEGINNER EXPRESS TABATA WORKOUT growwithjo**

Lesson 8 : **DO THIS EVERY MORNING AFROBEATS DANCE WORKOUT**

Lesson 9 : **10 MIN BEGINNER FLOOR STRETCHES growwithjo**

Lesson 10 : **PRAISE WORSHIP DANCE PARTY WORKOUT Beginner Friendly**

Lesson 11 : **FEEL GOOD DANCE WORKOUT**

Lesson 12 : **MORNING 5000 STEP LOWER BELLY BURN**

Lesson 13 : **BEST MORNING CARDIO ROUTINE FOR BEGINNERS**

Lesson 14 : **12 MIN LOWER BELLY TABATA FAT BURN**

Lesson 15 : **DO THIS EVERY MORNING 12 MIN FAT BURN**

Lesson 16 : **Beginners Do This Everyday to Burn Fat 2 Mile Walk**

Lesson 17 : **40 MIN Full Body Cardio Workout at Home No Repeats**

Lesson 18 : **15 Min GOSPEL DANCE PARTY WORKOUT Beginner Home Workout**

Lesson 19 : **20 Min Beginner Workout After A Long Break**

Lesson 20 : **15 Min Lower Belly Tabata Fat Burn For Beginners Do this Everyday to Lose Weight**

Lesson 21 : **DO THIS EVERY MORNING FOR WEIGHT LOSS TABATA CARDIO**

Lesson 22 : **The PERFECT Full Body Morning Mobility Routine growwithjo**

Lesson 23 : **3 Mile Walk Morning Cardio Abs Workout at Home**

Lesson 24 :
30 MIN LOW IMPACT Full Body Cardio No Repeats No Jumping No Equipment growwithjo

Lesson 25 : **Beginner Gospel Dance Party Workout at Home Full Body No Equipment growwithjo**

Lesson 26 : **INTENSE Full Body Fat Burning TABATA Cardio at Home No Equipment growwithjo**

Lesson 27 : **20 Min INTENSE Standing Lower Belly Fat Workout Low Impact growwithjo**

Lesson 28 : **10 Min Morning Full Body Stretch Confidence Affirmations to Level Up growwithjo**

Lesson 29 :
20 Min Fat Burning Home Workout For Beginners Do this Everyday to Lose Weight growwithjo

Lesson 30 : **Do This Every Morning 20 min low impact full body workout**

Lesson 31 : **10 Mins Standing Abs with Weights Workout Low Impact TORCH IN 10 growwithjo**

Lesson 32 :
Gospel Dance Party Workout Beginner Home Workout Full Body No Equipment growwithjo

Lesson 33 : **10 Min Cardio workout to Burn Fat Intense TORCH IN 10 growwithjo**

Lesson 34 : **2000s Dance Workout 15 Min Full Body Fat Burn No Equipment growwithjo**

Lesson 35 : **1 Mile Fat Burning Walk on the Beach in 15 minutes beginner workout growwithjo**

Lesson 36 : **FAST 1 Mile Walk at Home Happy Mood Boost Fitness Videos**

Lesson 37 : **12 MIN MORNING FAT BURN WORKOUT Mood Boost Calorie Burn Beginner Friendly**

Lesson 38 : **12 MIN AT HOME CARDIO FAT BURN WORKOUT Beginner Friendly Calorie Burn**

Lesson 39 : **Transform Your Mornings 20 Min Cardio Burn Routine**

Lesson 40 :
DO THIS LOW IMPACT WORKOUT WHEN YOU RE SHORT ON TIME 8 MIN MOOD BOOST

Lesson 41 : **MORNING METABOLISM BOOST BACK AT IT series growwithjo**

Lesson 42 : **Do This When You Feel No Motivation**

Related courses

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