Mindluster Platform

About the course Cardio Kickboxing HIIT for beginners

Cardio Kickboxing HIIT course, in this course we will learn about the HIIT Cardio Walking Workout at Home, designed to combine the benefits of walking with high-intensity intervals for maximum calorie burn and improved cardiovascular health. This workout involves alternating between fast-paced walking and slower recovery phases, making it suitable for all fitness levels. Weâ€™ll cover how to structure these sessions effectively, including warm-ups, interval timing, and cool-downs, ensuring safe and sustainable progress. The course also provides tips on creating a comfortable indoor walking space. By the end, participants will be equipped with the knowledge to develop personalized routines, making it easy to stay fit and active from home.

Medical Category's Courses

Course Lesson(47)

Lesson 1 : **12 MIN DAILY ABS WORKOUT 12 MIN FAT BURN**

Lesson 2 : **30 Min Abs Workout for DIASTASIS RECTI C section Shelf**

Lesson 3 : **MORNING AFROBEATS STANDING ABS WORKOUT growwithjo**

Lesson 4 : **10 MIN BEGINNER EXPRESS TABATA WORKOUT growwithjo**

Lesson 5 : **30 MIN CARDIO WORKOUT AT HOME growwithjo**

Lesson 6 : **1 MILE SWEATY INTENSE ARMS ABS Walking Exercises for Weight Loss**

Lesson 7 : **10 MIN STANDING ABS WORKOUT INTENSE No Equipment growwithjo**

Lesson 8 : **30 MIN FULL BODY TABATA FAT BURN FOR BEGINNERS**

Lesson 9 : **45 Min Unpredictable HIIT Cardio INTENSE**

Lesson 10 : **MORNING 5000 STEP LOWER BELLY BURN**

Lesson 11 : **Cardio Kickboxing HIIT for Beginners 20 Minute Workout**

Lesson 12 : **3 MILE HIIT LOWER ABS WORKOUT WITH WEIGHTS**

Lesson 13 : **12 MIN SEATED FAT BURN WORKOUT**

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

Lesson 15 : **Dumbbell Legs Booty Workout 12 MIN FAT BURN**

Lesson 16 : **DO THIS EVERY MORNING 12 MIN FAT BURN**

Lesson 17 : **20 Min Low Impact Beginner Arms Abs**

Lesson 18 : **Do This Every Morning To Lose Fat and Get Abs**

Lesson 19 : **The Ultimate growwithjo Fat Loss Fit Test**

Lesson 20 : **Beginners Do This Everyday to Burn Fat 2 Mile Walk**

Lesson 21 : **40 Min INTENSE Tabata for Weight Loss**

Lesson 22 : **30 Min Mood Boost HIIT Weight Loss Workout at Home**

Lesson 23 : **5000 STEPS FAST Walking Workout to Burn Fat Boost Your Mood No Repeats**

Lesson 24 : **15 Min Lower Belly Tabata Fat Burn For Beginners Do this Everyday to Lose Weight**

Lesson 25 : **DO THIS EVERY MORNING FOR WEIGHT LOSS TABATA CARDIO**

Lesson 26 : **3 Mile SWEATY Lower Belly Fat Walking Workout with Weights Burns over 600 Calories**

Lesson 27 : **DO THIS EVERY MORNING TO GET ABS BEGINNER HIIT WORKOUT**

Lesson 28 : **Standing Only 6 Pack Abs Workout FAST 1 Mile**

Lesson 29 : **30 MIN Dumbbell Abs and Booty**

Lesson 30 : **3 Mile Walk Morning Cardio Abs Workout at Home**

Lesson 31 : **4 MILE SWEATY INTENSE Belly Fat Walking Workout**

Lesson 32 : **BEST Lower Abs Booty INTENSE Fat Burning TABATA Abs Booty Workout Challenge**

Lesson 33 : **INTENSE Full Body Fat Burning TABATA Cardio at Home No Equipment growwithjo**

Lesson 34 : **Do This Low Impact Workout Everyday To Seriously Lose Weight growwithjo**

Lesson 35 : **20 Min INTENSE Standing Lower Belly Fat Workout Low Impact growwithjo**

Lesson 36 : **Intense Lower Abs Workout Tabata Workout to Burn Lower Belly Fat growwithjo**

Lesson 37 : **10 Mins Standing Abs with Weights Workout Low Impact TORCH IN 10 growwithjo**

Lesson 38 :
Do This Easy Workout Every Night to Burn Fat in Your Sleep Low Impact No Equipment growwithjo

Lesson 39 : **Cardio Kickboxing Fat Burning Low Impact Workout growwithjo**

Lesson 40 :
3 Mile INTENSE Lower Belly Fat Walking Workout Burns Over 600 Calories No Equipment All Standing

Lesson 41 :
Cardio Kickboxing Workout to Burn Fat at Home 45 Minute Low Impact HIIT Workout growwithjo

Lesson 42 : **10 Min ABS workout Get Shredded Abs No Crunches growwithjo**

Lesson 43 : **3 MILE FAST Walking to Lose Belly Fat burn calories**

Lesson 44 : **10 Minute KILLER ABS For Beginners You Can Do Anywhere GUARANTEED**

Lesson 45 : **STARTING OVER My Best Abs Workout in 20 MINS**

Lesson 46 : **10 MIN Quick Core Cardio Workout FRESH START**

Lesson 47 : **Do This When You Feel No Motivation**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com