Mindluster Platform

About the course Home weight loss workout For women

Home weight loss workout course, in this course we will learn about the Home Weight Loss Workout, focusing on effective exercises to burn fat, boost metabolism, and improve overall fitness without the need for a gym. The workout includes a mix of cardio, bodyweight strength exercises, and interval training designed to maximize calorie burn and build endurance. Weâ€™ll explore routines like squats, lunges, push-ups, and jumping jacks, ensuring all major muscle groups are engaged. The course covers proper warm-ups, exercise techniques, and cool-downs to prevent injury. Participants will also learn how to structure personalized routines and stay motivated. By the end of the course, you'll have the tools to achieve sustainable weight loss and maintain an active lifestyle from the comfort of your home.

Medical Category's Courses

Course Lesson(14)

Lesson 1 : **10 Min Morning Full Body Stretch Confidence Affirmations to Level Up growwithjo**

Lesson 2 : **The PERFECT Full Body Morning Mobility Routine growwithjo**

Lesson 3 : **DO THIS WORKOUT EVERY NIGHT FOR DIGESTION FAT BURN 15 Min**

Lesson 4 : **30 MINUTE SWEAT ON THE COUCH**

Lesson 5 : **1 Mile Fat Burning Walk on the Beach in 15 minutes beginner workout growwithjo**

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

Lesson 7 : **WALK INTO YOUR POWER WOMENS EMPOWERMENT WALK**

Lesson 8 : **DO THIS EVERY MORNING FOR BEST RESULTS**

Lesson 9 : **Hormone Healing Strength and Pelvic Floor Workout for Women**

Lesson 10 : **DO THIS EVERY MORNING AFROBEATS DANCE WORKOUT**

Lesson 11 : **20 Min Low Impact Beginner Arms Abs**

Lesson 12 : **At Home Weight Loss Workout For Women FULL BODY ALL STANDING**

Lesson 13 : **15 Min Full Body Pilates Inspired Workout for Moms**

Lesson 14 : **30 MIN FULL BODY STANDING PILATES WORKOUT KNEE FRIENDLY NO EQUIPMENT**

Related courses

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for Business Contact
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