Mindluster Platform

About the course Cardio and Core workouts at home

Cardio and Core workouts course, in this course we will learn about the Cardio and Core Workouts program, combining heart-pumping cardio exercises with targeted core training to build endurance, burn fat, and improve overall strength. Weâ€™ll explore routines that incorporate movements like running drills, jumping jacks, burpees, and planks, designed to engage the core muscles while boosting cardiovascular fitness. The course offers modifications for all fitness levels, making it accessible whether you are a beginner or more advanced. Emphasis will be placed on proper form, breathing techniques, and injury prevention. Weâ€™ll also cover cool-down stretches to improve flexibility. This course provides a balanced approach to fitness, helping you enhance stability, posture, and stamina with time-efficient, effective routines.

Medical Category's Courses

Course Lesson(46)

Lesson 1 : **Members Challenge Day 1 35 Minute Full Body Strength Circuits**

Lesson 2 : **Members Challenge Day 2 30 Minute Cardio And Core**

Lesson 3 : **Members Challenge Day 3 35 Minute Legs and Butt Supersets**

Lesson 4 : **Members Challenge Day 4 Full Body Mobility Stretch**

Lesson 5 : **Members Challenge Day 5 30 Minute Arms and Abs Supersets**

Lesson 6 : **Members Challenge Day 6 35 Minute Full Body Shred**

Lesson 7 : **Members Challenge Day 7 10 Minute Weighted Abs**

Lesson 8 : **40 Minute Strength Cardio Kickboxing**

Lesson 9 : **Live Q A With Lindsey Rachel**

Lesson 10 : **Live Nervous System Health Q A with Dr Stephanie from Transform Chiropractic**

Lesson 11 : **30 Minute Full Body Circuits Time Drop**

Lesson 12 : **30 Minute Full Body Circuits Strength Power Isometrics**

Lesson 13 : **Live Motherhood Mental Health Q A with Licensed Therapist Elisabeth Emmerich**

Lesson 14 : **30 Minute Strength Core Cardio Workout NEW 3 2 1 Format**

Lesson 15 : **30 Minute Full Body Strength Cardio Tabata DB Bands**

Lesson 16 : **Live Fitness Assessment**

Lesson 17 : **Live Muscle Activation Barefoot Training Q A with Delaney Smith**

Lesson 18 : **Live Pelvic Floor Women s Health Q A with Michelle Wall from Moms in Motion PT**

Lesson 19 : **30 Minute Full Body Unilateral Training**

Lesson 20 : **Live Nutrition Q A with Laura Ligos RD from The Sassy Dietitian**

Lesson 21 : **30 Minute Strength Tabata Circuits**

Lesson 22 : **Live Nutrition Q A with Ashley RD from Veggies Virtue**

Lesson 23 : **Live Nutrition Q A with The Real Food Dietitians**

Lesson 24 : **What REALLY Happens Behind The Scenes**

Lesson 25 : **30 Minute Strength Kickboxing Workout**

Lesson 26 : **Live Fitness Assessment RE TEST**

Lesson 27 : **30 Minute Full Body Circuits NEW TIME DROP FORMAT**

Lesson 28 : **Live Nutrition Q A with Kelly Jones Sports and Performance Nutrition Expert**

Lesson 29 : **Live Fitness Assessment**

Lesson 30 : **Live Nutrition Q A with Caitlin Shoemaker From My Bowl**

Lesson 31 : **Live Nutrition Q A with Lauren Twigge NutritionAtItsRoots**

Lesson 32 : **TAKE 2 Live Nutrition Q A with Autumn Bates Better Audio**

Lesson 33 : **Live Nutrition Q A with The Real Food Dietitians**

Lesson 34 : **Live Nutrition Q A with The Peachie Spoon**

Lesson 35 : **Live Nutrition Q A with Katie From Dashing Dish**

Lesson 36 : **30 Minute Full Body Pyramid All Strength**

Lesson 37 : **Live Q A With Lindsey Rachel**

Lesson 38 : **30 Minute Strength Tabata Workout**

Lesson 39 : **30 Minute Full Body Circuits SHRED Format**

Lesson 40 : **30 Minute Strength Cardio Kickboxing Workout**

Lesson 41 : **Live 30 Minute Full Body Circuits A B A Format**

Lesson 42 : **Live 30 Minute Full Body Pyramid Workout One Dumbbell**

Lesson 43 : **30 Minute Bodyweight Bands Full Body HIIT**

Lesson 44 : **Live Hormone Health Menopause Q A with Dr Vinita Tandon**

Lesson 45 :
Live Lymphatic Drainage Q A with Kelly Sturm Oncology and Lymphedema Physical Therapist

Lesson 46 : **LIVE 30 Minute Full Body Shred Workout**

Related courses

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Pharynx

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