Mindluster Platform

About the course Standing arms and abs workout at home

Standing arms and abs workout course, in this course weâ€™ll dive into standing exercises designed to strengthen and tone your arms and core. Youâ€™ll learn dynamic movements targeting muscles in your shoulders, biceps, triceps, and absâ€”all from a standing position. This low-impact workout improves balance, posture, and stability while engaging your core with each move. Throughout the course, weâ€™ll cover proper form, breathing techniques, and modifications to suit all fitness levels. No heavy equipment is required; light dumbbells or household items can be used to add resistance. Join us to build strength, improve endurance, and sculpt your arms and abs with an efficient and effective standing workout you can do anywhere.

Medical Category's Courses

Course Lesson(8)

Lesson 1 : **20 Minute Standing Arms and Abs Workout No Repeats All Standing**

Lesson 2 : **25 Minute At Home Full Body Workout No Repeats All Standing**

Lesson 3 : **15 Minute Everyday Pilates Ab Workout No Equipment**

Lesson 4 : **15 Minute Zone 2 Cardio with Weights All Standing No Jumping**

Lesson 5 : **7 Minute HIIT Ab Workout All Standing No Equipment**

Lesson 6 : **Ab Challenge Day 5 7 Minute Dumbbell Abs Core No Repeats**

Lesson 7 : **Ab Challenge Day 2 7 Minute Standing Abs No Repeats One Dumbbell**

Lesson 8 : **Ab Challenge Day 1 7 Minute Dumbbell Abs On The Mat No Planks**

Related courses

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