Mindluster Platform

About the course Strong abs workout with weights at Home

Strong abs workout with weights course, in this course weâ€™ll dive into effective exercises to build and strengthen your abs using weights. Youâ€™ll learn how to incorporate dumbbells, kettlebells, or medicine balls into core-focused movements like weighted planks, Russian twists, and crunches. The course covers proper form, breathing techniques, and modifications to suit various fitness levels, ensuring safety and maximum results. With each workout, youâ€™ll engage deep core muscles, enhancing stability, posture, and endurance. This weighted approach to ab training helps sculpt and define your midsection more efficiently than bodyweight exercises alone. Join us to develop a powerful core and take your fitness to the next level.

Medical Category's Courses

Course Lesson(5)

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

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

Lesson 3 : **Ab Challenge Day 3 7 Minute Strong Abs with Weights My Favorite Ab Exercises**

Lesson 4 : **Ab Challenge Day 4 7 Minute Ab Circuit No Repeat All Standing**

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

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for Business Contact
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