Mindluster Platform

# About the course Full body metCon at gem

Full body metCon course, in this course weâ€™ll explore high-intensity workouts designed to boost metabolism, build strength, and improve cardiovascular endurance. Full Body MetCon (Metabolic Conditioning) combines compound exercises targeting multiple muscle groups with short rest intervals to elevate heart rate and maximize calorie burn. Youâ€™ll learn proper techniques for exercises like squats, push-ups, kettlebell swings, and burpees, ensuring safety and efficiency. Weâ€™ll cover warm-ups, cooldowns, and modifications to suit all fitness levels, helping you progress at your own pace. This course is perfect for those looking for time-efficient workouts that promote fat loss and increase overall fitness. Join us to experience the benefits of Full Body MetCon and transform your fitness journey.

**Medical Category's Courses**

# Course Lesson(11)

Lesson 1 : **30 Minute Full Body MetCon 100 Thrusters**

Lesson 2 : **30 Minute Upper Body MetCon 100 Push Ups**

Lesson 3 : **30 Minute Lower Body MetCon 100 Squats**

Lesson 4 : **30 Minute Abs Cardio MetCon 100 Burpees**

Lesson 5 : **30 Minute Full Body MetCon 200 Kettlebell Swings**

Lesson 6 : **30 Minute Full Body Abs MetCon 100 Snatches**

Lesson 7 : **30 Minute Arm MetCon 100 Back Rows**

Lesson 8 : **30 Minute Leg MetCon 100 Lunges**

Lesson 9 : **30 Minute Abs Cardio MetCon 100 Bicycle Crunches**

Lesson 10 : **30 Minute Metabolic Conditioning Intense Workout**

Lesson 11 : **New Year Workout Challenge MetCon 100 Free 2 Week Workout Program**

# Related courses

**Infection Control**

**Male Reproductive**

**Anatomy**

**Pharynx**

**Endocrine**

**General Embryology**

business@mindluster.com