Mindluster Platform

About the course Standing Ab circuit workout at home

Standing Ab circuit workout course, in this course weâ€™ll explore dynamic standing exercises designed to engage and strengthen your core muscles. Youâ€™ll learn movements such as knee lifts, torso twists, side bends, and oblique reaches, which target your abs while improving stability, posture, and balance. Standing ab circuits offer a low-impact alternative to traditional floor exercises, making them ideal for reducing strain on the neck and back. Weâ€™ll cover proper form, breathing techniques, and modifications to suit all fitness levels. With minimal equipment neededâ€”like light dumbbells or resistance bandsâ€”this workout is perfect for both home and gym settings. Join us to build core strength, boost endurance, and enhance your fitness through fun, effective standing ab circuits.

Medical Category's Courses

Course Lesson(15)

Lesson 1 : **30 Minute Full Body Dumbbell AMRAP Workout**

Lesson 2 : **25 Minute Chest Arms Workout At Home Upper Body with Dumbbells**

Lesson 3 : **30 Minute NO Lunge Leg Workout with Dumbbells Band For ALL Fitness Levels**

Lesson 4 : **25 Minute Pilates Class At Home Full Body Fusion**

Lesson 5 : **30 Minute Legs Back and Biceps Workout Strength Cardio Pyramid**

Lesson 6 : **35 Minute Full Body Dumbbell Workout Compound Exercises**

Lesson 7 : **15 Minute Daily Mobility Workout No Equipment**

Lesson 8 : **10 Minute Morning Stretch Follow Along**

Lesson 9 : **35 Minute Full Body Dumbbell Workout Strength**

Lesson 10 : **25 Minute BACK ARMS Workout with Dumbbells Build BACK Strength At Home**

Lesson 11 : **25 Minute Dumbbell Leg Workout Compound Exercises**

Lesson 12 : **15 Minute Full Body Cardio HIIT Workout No Repeats**

Lesson 13 : **7 Minute Standing Ab Circuit Workout No Repeats**

Lesson 14 : **40 Minute Circuit Workout Full Body Shred**

Lesson 15 : **25 Minute FULL BODY Resistance Band Workout Strength HIIT**

Related courses

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Male Reproductive

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Pharynx

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