Mindluster Platform

About the course Mobility Workouts at home

Mobility Workouts course, in this course weâ€™ll focus on exercises designed to improve joint flexibility, range of motion, and overall movement quality. Youâ€™ll learn dynamic stretches, active movements, and mobility drills targeting areas like shoulders, hips, ankles, and spine to enhance daily function and athletic performance. Proper mobility helps prevent injuries, reduces stiffness, and supports better posture and muscle coordination. Weâ€™ll also cover warm-ups, cooldowns, and specific routines for different fitness levels. Whether youâ€™re a beginner or advanced athlete, this course will provide tools to increase your bodyâ€™s mobility, ensuring smoother, pain-free movements. Join us to build a more flexible, resilient, and functional body.

Medical Category's Courses

Course Lesson(18)

Lesson 1 : **10 Minute Shoulder Mobility Routine Bulletproof Shoulders**

Lesson 2 : **10 Minute Morning Workout No Equipment No Repeats**

Lesson 3 : **5 Minute Daily Mobility Routine For All Levels**

Lesson 4 : **15 Minute Daily Mobility Workout No Equipment**

Lesson 5 : **30 Minute Strength Cardio Mobility Workout Full Body**

Lesson 6 : **Members Challenge Day 4 Full Body Mobility Stretch**

Lesson 7 : **35 Minute Leg Day Strength Power Mobility Workout HIITStrong 35 Day 9**

Lesson 8 : **35 Minute Prenatal Cardio Workout with Mobility Stretching No Equipment**

Lesson 9 : **10 Minute UPPER BODY Stretch Release Tight Neck Shoulders Chest Back**

Lesson 10 : **5 Best Knee Strengthening Exercises No More Knee Pain**

Lesson 11 : **10 Minute Dynamic Warm Up Full Body Mobility Cardio Warm Up**

Lesson 12 : **10 Minute Dynamic Stretching Mobility Workout SplitStrong 35 DAY 9**

Lesson 13 : **5 Minute Ankle Mobility For Better Squats**

Lesson 14 : **7 Minute Hip Mobility Workout Fix Tight Hips**

Lesson 15 : **30 Minute Strength Cardio Mobility Workout Full Body**

Lesson 16 : **30 Minute Strength Cardio Mobility Workout Full Body**

Lesson 17 : **How To Get Rid of SI Joint Pain At Home 7 Minute Stretch Routine**

Lesson 18 : **5 Minute Thoracic Mobility Flow Upper Back Mobility**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology



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