Mindluster Platform

About the course Standing Abs workout with dumbbell

Standing Abs workout course, in this course weâ€™ll explore effective exercises that target your core from a standing position. Youâ€™ll learn movements like knee lifts, side bends, and torso twists, designed to strengthen your abs, obliques, and lower back while improving posture, balance, and stability. Unlike traditional floor workouts, standing ab exercises reduce strain on your neck and back, making them a safer and more comfortable option. Weâ€™ll incorporate dumbbells or resistance bands to add intensity and cover proper form and breathing techniques to maximize results. Whether youâ€™re a beginner or advanced, this course offers scalable workouts to suit all fitness levels. Join us to build a stronger core, burn calories, and enhance your overall fitness through fun, low-impact standing ab routines.

Medical Category's Courses

Course Lesson(26)

Lesson 1 : **20 Minute Leg Workout At Home Standing Workout**

Lesson 2 : **20 Minute Standing Arms and Abs Workout No Repeats All Standing**

Lesson 3 : **25 Minute At Home Full Body Workout No Repeats All Standing**

Lesson 4 : **30 Minute Standing Workout Full Body Strength Steps**

Lesson 5 : **15 Minute Zone 2 Cardio with Weights All Standing No Jumping**

Lesson 6 : **7 Minute HIIT Ab Workout All Standing No Equipment**

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

Lesson 8 : **5 Minute Pilates Abs No Equipment Standing Abs**

Lesson 9 : **10 Minute Low Impact HIIT Workout No Equipment All Standing**

Lesson 10 : **10 Minute Low Impact Cardio All Standing No Equipment**

Lesson 11 : **Build 30 Day 1 30 Minute Full Body Workout Leg Focus All Standing**

Lesson 12 : **20 Minute Strength Walking Workout 2000 Steps All Standing No Repeats**

Lesson 13 : **20 Minute Upper Body Dumbbell Workout All Standing No Repeats**

Lesson 14 : **15 Minute Beginner Kettlebell Workout All Standing No Repeat**

Lesson 15 : **10 Minute Beginner Dumbbell Workout Standing Workout**

Lesson 16 : **30 Minute Dumbbell HIIT Workout All Standing**

Lesson 17 : **7 Minute Standing Ab Circuit Workout No Repeats**

Lesson 18 : **Stronger 25 Day 4 25 Minute Sweaty Standing Abs Cardio**

Lesson 19 : **15 Minute Standing Cardio Workout 1500 Steps in 15 Minutes**

Lesson 20 : **15 Minute Standing Cardio Workout 2 000 Steps No Repeats**

Lesson 21 : **Ab Challenge Day 2 10 Minute Standing Abs**

Lesson 22 : **Ab Challenge Day 5 10 Minute Standing Abs No Repeats**

Lesson 23 : **10 Minute Standing Abs Workout with 1 Dumbbell No Crunches No Planks**

Lesson 24 : **Strong 20 Day 4 20 Minute Standing Abs with Weights**

Lesson 25 : **15 Minute Low Impact HIIT Cardio Workout No Jumping Prenatal Cardio Workout**

Lesson 26 : **15 Minute Cardio Barre Workout At Home No Equipment Pregnancy Friendly**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com