Mindluster Platform

About the course Full body pyramid workout for women

Full body pyramid workout course, in this course weâ€™ll explore the pyramid training method to build strength, endurance, and muscle tone. The Full Body Pyramid Workout involves progressively increasing or decreasing repetitions and weights through structured sets. Youâ€™ll learn how to perform compound movements like squats, push-ups, deadlifts, and presses, targeting multiple muscle groups for a balanced, full-body workout. Weâ€™ll cover both ascending and descending pyramid formats, focusing on proper form, breathing techniques, and modifications to suit different fitness levels. This approach challenges your muscles, improves endurance, and promotes fat burning. Whether youâ€™re a beginner or advanced, this course offers scalable routines for steady progress. Join us to enhance your fitness with time-efficient pyramid workouts designed to push your limits.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **25 Minute Full Body Supersets Day 1**

Lesson 2 : **25 Minute Unilateral Arms and Abs Day 2**

Lesson 3 : **30 Minute Unilateral Legs and Cardio Day 3**

Lesson 4 : **10 Minute Mat Abs Day 4**

Lesson 5 : **30 Minute Full Body Pyramid Workout Day 5**

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