Mindluster Platform

About the course Ankle mobility workout at home

Ankle mobility workout course, in this course weâ€™ll explore exercises designed to improve the flexibility, strength, and range of motion in your ankles. Ankle mobility is essential for better performance in sports, injury prevention, and smoother movement in daily activities. Youâ€™ll learn targeted stretches, balance exercises, and drills like ankle circles, calf stretches, and dorsiflexion movements to enhance stability and reduce stiffness. Weâ€™ll also cover proper techniques and modifications to suit all fitness levels, ensuring safety and gradual progress. Whether youâ€™re an athlete or just looking to improve your mobility, this course will help you strengthen the muscles and ligaments around your ankles. Join us to enhance your balance, support joint health, and move with greater ease.

Medical Category's Courses

Course Lesson(7)

Lesson 1 : **40 Minute Circuit Workout Full Body Shred**

Lesson 2 : **30 Minute Upper Body Strength Workout Trisets**

Lesson 3 : **30 Minute Lower Body Workout with Dumbbells No Repeats No Jumping**

Lesson 4 : **5 Minute Ankle Mobility For Better Squats**

Lesson 5 : **15 Minute Daily Mobility Workout No Equipment**

Lesson 6 : **Intense 40 Minute Full Body HIIT Strength HIIT with Dumbbells**

Lesson 7 : **15 Minute One Dumbbell Workout Full Body Strength**

Related courses

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Pharynx

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General Embryology

for Business Contact
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