Mindluster Platform

About the course Oblique workout at home

Oblique workout course, in this course weâ€™ll explore effective exercises to strengthen and tone your oblique muscles. Improve core stability, enhance balance, and sculpt your waist with targeted oblique movements for all fitness levels.

Medical Category's Courses

Course Lesson(15)

Lesson 1 : **35 Minute Full Body Dumbbell Workout Compound Exercises**

Lesson 2 : **25 Minute Beginner Arm Workout At Home Dumbbells Only**

Lesson 3 : **30 Minute Dumbbell Leg Workout Strength Power Isometrics**

Lesson 4 : **5 Minute Daily Mobility Routine For All Levels**

Lesson 5 : **7 Minute Standing Ab Circuit Workout No Repeats**

Lesson 6 : **35 Minute Leg and Shoulder Workout At Home with Dumbbells EMOM Workout**

Lesson 7 : **18 Minute Barre Workout Full Body Barre Class with Optional Light Weights**

Lesson 8 : **15 Minute Daily Mobility Workout No Equipment**

Lesson 9 : **10 Minute Morning Stretch Follow Along**

Lesson 10 : **35 Minute Full Body Dumbbell Workout Strength**

Lesson 11 : **30 Minute Dumbbell Arm Workout Strength Power Isometrics**

Lesson 12 : **20 Minute Beginner Leg Workout At Home Dumbbells Only**

Lesson 13 : **10 Minute Oblique Workout No Repeat**

Lesson 14 : **40 Minute Dumbbell HIIT Workout At Home Intense Full Body Pyramid Workout**

Lesson 15 : **15 Minute Power Yoga Energizing Power Vinyasa Flow with Strength Cardio**

Related courses

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Male Reproductive

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Pharynx

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