Mindluster Platform

About the course Functional Ab Workout at gem

Functional Ab Workout course, in this course you will learn effective exercises that target not only the surface ab muscles but also the deep core muscles essential for stability, balance, and injury prevention. This course focuses on functional movements that engage the entire core, improving posture and enhancing athletic performance. Youâ€™ll explore exercises like planks, Russian twists, and mountain climbers, designed to build endurance, flexibility, and core strength for everyday activities. Whether you're aiming to boost athletic performance, reduce back pain, or develop stronger abs, this course provides practical routines for all fitness levels. Get ready to activate your core and build a resilient, functional foundation.

Medical Category's Courses

Course Lesson(7)

Lesson 1 : **Ab Challenge Day 1 10 Minute Abs No Equipment**

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

Lesson 3 : **Ab Challenge Day 3 10 Minute Pilates Abs**

Lesson 4 : **Ab Challenge Day 4 10 Minute Functional Ab Workout**

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

Lesson 6 : **Ab Challenge Day 6 10 Minute Barre Abs**

Lesson 7 : **Ab Challenge Day 7 10 Minute Ab Supersets**

Related courses

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General Embryology

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