Mindluster Platform

About the course Leg circuit workout at home

Leg circuit workout course, in this course youâ€™ll explore a dynamic series of exercises designed to strengthen and tone your legs while boosting endurance and balance. This course focuses on key movements like squats, lunges, and step-ups, targeting muscles in the thighs, calves, hamstrings, and glutes. Youâ€™ll learn how to perform these exercises in circuits, moving from one to the next with minimal rest to maximize fat burn and muscle activation. The routines are scalable, making them suitable for beginners and advanced fitness levels alike. By the end of the course, you'll have improved strength, stability, and functional mobility to enhance both daily activities and athletic performance.

Medical Category's Courses

Course Lesson(11)

Lesson 1 : **Stronger 25 Free 2 Week Strength Building Program**

Lesson 2 : **Stronger 25 Day 1 25 Minute Full Body Push**

Lesson 3 : **Stronger 25 Day 2 25 Minute Back Bicep Workout**

Lesson 4 : **Stronger 25 Day 3 25 Minute Dumbbell Leg Workout**

Lesson 5 : **Stronger 25 Day 4 25 Minute Sweaty Standing Abs Cardio**

Lesson 6 : **Stronger 25 Day 5 25 Minute Dumbbell Strength Abs**

Lesson 7 : **Stronger 25 Day 6 25 Minute Full Body Pull Workout**

Lesson 8 : **Stronger 25 Day 7 25 Minute Chest Shoulders Triceps Workout**

Lesson 9 : **Stronger 25 Day 8 25 Minute Leg Circuit Workout Slow Burn**

Lesson 10 : **Stronger 25 Day 9 25 Minute Unilateral Core**

Lesson 11 : **Stronger 25 Day 10 25 Minute Full Body Pyramid Workout**

Related courses

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for Business Contact
business@mindluster.com