Mindluster Platform

About the course Lower Ab workout for women

Lower Ab workout course, in this course youâ€™ll discover targeted exercises to engage and strengthen the lower abdominal muscles, improving core stability and definition. This course focuses on effective movements such as leg raises, reverse crunches, and flutter kicks, designed to isolate the lower abs and build endurance. Youâ€™ll learn how to structure routines, progress intensity, and maintain proper form to maximize results while minimizing strain on the lower back. Suitable for all fitness levels, the course offers modifications to help beginners build a strong foundation and challenges for more advanced participants. By the end of the course, you'll enhance core strength, improve posture, and boost athletic performance with stronger, more defined lower abs.

Medical Category's Courses

Course Lesson(15)

Lesson 1 :
NEW 2 Week Fitness Challenge Starts Monday 100 free shorts workoutchallenge fitnesschallenge

Lesson 2 : **40 Minute EMOM Workout Full Body Dumbbell**

Lesson 3 : **25 Minute Arms Abs Workout With Weights SUPERSETS**

Lesson 4 : **25 Minute SUPERSET Leg Workout with Dumbbells Leg Burnout**

Lesson 5 : **10 Minute Abs and Butt Workout No Equipment No Squats or Lunges**

Lesson 6 : **35 Minute Full Body Strength HIIT Workout For Women Time Drop**

Lesson 7 : **15 Minute Full Body STRENGTH Workout with Dumbbells 9 Full Body Power Moves**

Lesson 8 : **The 8 BEST Foam Rolling Exercises 10 Minute Full Body Foam Roll Routine**

Lesson 9 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

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

Lesson 11 : **25 Minute Toned Arms Workout No Push Ups**

Lesson 12 : **35 Minute Lower Body Dumbbell Workout Slow Burn**

Lesson 13 : **The BEST Lower Ab Workout For Women No Equipment 10 Minute Lower Abs**

Lesson 14 : **40 Minute Strength Circuits Cardio Kickboxing Workout Cardio Strength**

Lesson 15 : **25 Minute Full Body Dumbbell Workout Beginner**

Related courses

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Pharynx

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General Embryology

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