Mindluster Platform

About the course Barre boxing workouts at home

Barre boxing workouts course, in this course youâ€™ll experience a dynamic fusion of ballet-inspired barre exercises and high-energy boxing techniques. This unique course focuses on building strength, endurance, and agility through a combination of punches, jabs, and controlled movements that enhance balance and posture. Youâ€™ll engage your core, upper body, and legs, improving muscle tone and cardiovascular fitness while developing coordination and mental focus. The course offers scalable workouts suitable for all fitness levels, with modifications to match individual needs. By the end of the course, youâ€™ll not only feel stronger and more toned but also benefit from improved flexibility, agility, and stress relief through mindful movement.

Medical Category's Courses

Course Lesson(15)

Lesson 1 : **40 Minute Legs and Butt Workout At Home Dumbbells Mini Band**

Lesson 2 : **25 Minute Toned Arms Workout No Push Ups**

Lesson 3 : **30 Minute Barre Boxing Workout At Home**

Lesson 4 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 5 : **5 Minute Seated Abs with Weights No Repeats**

Lesson 6 : **35 Minute Full Body Dumbbell Workout Strength**

Lesson 7 : **30 Minute Cardio Abs Workout HIIT ABS with Modifications for Beginners 1 Dumbbell**

Lesson 8 : **10 Minute Morning Stretch Follow Along**

Lesson 9 : **The 8 BEST Foam Rolling Exercises 10 Minute Full Body Foam Roll Routine**

Lesson 10 : **35 Minute Lower Body Dumbbell Workout Slow Burn**

Lesson 11 : **35 Minute Upper Body HIIT Workout**

Lesson 12 : **30 Minute Barre Blend Barre Cardio Workout**

Lesson 13 : **10 Minute Intense Abs No Repeats**

Lesson 14 : **30 Minute Full Body Strength Workout Pyramid Format**

Lesson 15 : **25 Minute FULL BODY Resistance Band Workout Strength HIIT**

Related courses

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