Mindluster Platform

About the course Full body circuits Workouts at gem

Full body circuits Workouts course, in this course youâ€™ll engage in high-energy, circuit-based routines designed to target all major muscle groups while improving cardiovascular fitness. This course combines strength, endurance, and mobility exercises, using movements like squats, push-ups, planks, and lunges. You'll learn how to structure circuits with minimal rest to keep your heart rate elevated, maximizing fat burn and muscle activation. The workouts are scalable, making them suitable for all fitness levels, with modifications to match individual needs. By the end of the course, youâ€™ll build full-body strength, enhance endurance, and improve flexibility, making daily activities easier and boosting athletic performance. This course offers an efficient, total-body approach to fitness that keeps you challenged and motivated.

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **LIVE 30 Minute Full Body Shred Workout**

Lesson 2 :
Live Lymphatic Drainage Q A with Kelly Sturm Oncology and Lymphedema Physical Therapist

Lesson 3 : **30 Minute Bodyweight Bands Full Body HIIT**

Lesson 4 : **40 Minute Strength Cardio Kickboxing**

Lesson 5 : **30 Minute Strength Core Cardio Workout NEW 3 2 1 Format**

Lesson 6 : **30 Minute Full Body Strength Cardio Tabata DB Bands**

Lesson 7 : **Live Fitness Assessment**

Lesson 8 : **30 Minute Full Body Circuits Time Drop**

Lesson 9 : **30 Minute Full Body Unilateral Training**

Lesson 10 : **30 Minute Strength Tabata Circuits**

Lesson 11 : **30 Minute Full Body Circuits Strength Power Isometrics**

Lesson 12 : **What REALLY Happens Behind The Scenes**

Lesson 13 : **30 Minute Strength Kickboxing Workout**

Lesson 14 : **Live Fitness Assessment RE TEST**

Lesson 15 : **30 Minute Full Body Circuits NEW TIME DROP FORMAT**

Lesson 16 : **Join Team NML YouTube Membership**

Lesson 17 : **Live Fitness Assessment**

Lesson 18 : **Members Challenge Day 1 35 Minute Full Body Strength Circuits**

Lesson 19 : **Members Challenge Day 2 30 Minute Cardio And Core**

Lesson 20 : **Members Challenge Day 3 35 Minute Legs and Butt Supersets**

Lesson 21 : **Members Challenge Day 4 Full Body Mobility Stretch**

Lesson 22 : **Members Challenge Day 5 30 Minute Arms and Abs Supersets**

Lesson 23 : **Members Challenge Day 6 35 Minute Full Body Shred**

Lesson 24 : **Members Challenge Day 7 10 Minute Weighted Abs**

Lesson 25 : **Live 30 Minute Full Body Pyramid Workout One Dumbbell**

Lesson 26 : **Live 30 Minute Full Body Circuits A B A Format**

Lesson 27 : **30 Minute Strength Cardio Kickboxing Workout**

Lesson 28 : **30 Minute Full Body Circuits SHRED Format**

Lesson 29 : **30 Minute Strength Tabata Workout**

Lesson 30 : **30 Minute Full Body Pyramid All Strength**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com