Mindluster Platform

About the course Abs and glutes workout for beginners

Abs and glutes workout course, in this course youâ€™ll engage in targeted exercises designed to strengthen and tone your core and lower body. This course focuses on movements like planks, Russian twists, glute bridges, and squats to develop stronger abs and glutes. By combining core and lower-body exercises, youâ€™ll improve balance, stability, and posture while boosting muscle endurance. The workouts are scalable, making them suitable for all fitness levels, with modifications for beginners and advanced options for experienced participants. Youâ€™ll also learn how to structure effective routines that maximize time and results. By the end of the course, youâ€™ll have a firmer core, more defined glutes, and improved functional fitness for daily activities and sports performance.

Medical Category's Courses

Course Lesson(11)

Lesson 1 : **Strong 20 Free 2 Week Workout Program At Home Dumbbells Only**

Lesson 2 : **Strong 20 Day 1 20 Minute Leg and Back Workout**

Lesson 3 : **Strong 20 Day 2 20 Minute Arm and Shoulder Workout**

Lesson 4 : **Strong 20 Day 3 20 Minute Abs and Glutes Workout**

Lesson 5 : **Strong 20 Day 4 20 Minute Standing Abs with Weights**

Lesson 6 : **Strong 20 Day 5 20 Minute Full Body Functional Strength**

Lesson 7 : **Strong 20 Day 6 20 Minute Chest and Leg Workout**

Lesson 8 : **Strong 20 Day 7 20 Minute Back and Arm Workout**

Lesson 9 : **Strong 20 Day 8 20 Minute Thighs Legs and Abs Workout**

Lesson 10 : **Strong 20 Day 9 20 Minute Functional Core Workout**

Lesson 11 : **Strong 20 Day 10 20 Minute Full Body Functional Training**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

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