Mindluster Platform

About the course Shred Workouts at home

Shred Workouts course, in this course youâ€™ll dive into high-intensity training that combines cardio and strength exercises to burn fat, build lean muscle, and boost endurance. This course is designed to elevate your heart rate and maximize calorie burn both during and after the workout. Youâ€™ll learn dynamic movements such as burpees, jump squats, kettlebell swings, and mountain climbers, which engage multiple muscle groups simultaneously. The workouts are scalable, offering modifications for beginners and advanced athletes alike. By the end of the course, youâ€™ll enhance muscle definition, improve stamina, and achieve better overall fitness in less time. Whether your goal is weight loss, toning, or increasing strength, this course provides the tools and techniques to reach your fitness goals efficiently.

Medical Category's Courses

Course Lesson(13)

Lesson 1 : **NEW CHALLENGE starts on Monday September 18th You in**

Lesson 2 : **Fall Challenge Day 1 35 Minute Legs and Glutes**

Lesson 3 : **Fall Challenge Day 2 25 Minute Arms and Abs**

Lesson 4 : **Fall Challenge Day 3 35 Minute Full Body Circuit Training**

Lesson 5 : **Fall Challenge Day 4 35 Minute Abs Power Yoga**

Lesson 6 : **Fall Challenge Day 5 30 Minute Full Body HIIT**

Lesson 7 : **Fall Challenge Day 6 30 Minute Total Body Burnout**

Lesson 8 : **Fall Challenge Day 7 35 Minute Kettlebell Legs**

Lesson 9 : **Fall Challenge Day 8 35 Minute Push Workout Chest Shoulders Triceps**

Lesson 10 : **Fall Challenge Day 9 30 Minute Full Body Supersets**

Lesson 11 : **Fall Challenge Day 10 25 Minute Cardio Abs**

Lesson 12 : **Fall Challenge Day 11 25 Minute Lower Body Supersets**

Lesson 13 : **Fall Challenge Day 12 35 Minute Pull Workout Back Biceps**

Related courses

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Pharynx

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