Mindluster Platform

About the course Bodyweight workout Plan for beginners

Bodyweight workout Plan course, in this course we will learn about the Bodyweight workout plan designed to build strength, improve endurance, and enhance flexibility without the need for gym equipment. The plan focuses on key exercises like push-ups, squats, lunges, planks, and burpees, targeting all major muscle groups. Youâ€™ll explore how to create a balanced routine that includes strength, cardio, and core training, making it suitable for all fitness levels. The course also covers warm-ups, cool-downs, and stretching techniques to prevent injuries. With progressions and modifications provided, participants can gradually increase intensity as they advance. This plan is ideal for home workouts, travel, or outdoor training, offering flexibility and convenience. By the end of the course, youâ€™ll have the tools to maintain a consistent, effective workout routine that promotes overall fitness and health.

Medical Category's Courses

Course Lesson(11)

Lesson 1 : **FREE 2 Week Bodyweight Workout Plan ZERO 30 New Videos Daily**

Lesson 2 : **30 Minute FULL BODY Workout At Home No Equipment Zero30 Day 1**

Lesson 3 : **30 Minute HIIT Arm Workout No Equipment Zero30 Day 2**

Lesson 4 : **30 Minute Leg Workout At Home Bodyweight Zero30 Day 3**

Lesson 5 : **30 Minute INTENSE Power Yoga No Equipment Zero30 Day 4**

Lesson 6 : **30 Minute Bodyweight HIIT Workout No Equipment Zero30 DAY 5**

Lesson 7 : **30 Minute HIIT Leg Workout No Equipment Zero30 Day 6**

Lesson 8 : **30 Minute Abs and Arms Workout No Equipment Zero30 Day 7**

Lesson 9 : **30 Minute FULL BODY Yoga Workout No Equipment Zero30 Day 8**

Lesson 10 : **30 Minute Cardio and Core Workout No Equipment Zero30 Day 9**

Lesson 11 : **30 Minute Full Body HIIT Cardio Workout No Equipment Zero30 Day 10**

Related courses

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for Business Contact
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