Mindluster Platform

About the course Legs and Back Workout at home

Legs and Back Workout course, in this course we will learn about the Legs and Back Workout, focusing on exercises that strengthen the lower body and back muscles for improved posture, stability, and endurance. The plan includes essential movements like squats, deadlifts, lunges, step-ups, and rows, designed to target major muscle groups such as the hamstrings, glutes, quads, lats, and lower back. Weâ€™ll explore proper form, progressive overload, and how to incorporate resistance bands or weights to enhance results. The course also covers warm-up routines, stretches to improve flexibility, and recovery techniques to prevent injuries. Suitable for all fitness levels, participants will receive modifications and progressions to match their abilities. By the end of the course, you'll have a solid foundation to build strength, mobility, and endurance in both your legs and back.

Medical Category's Courses

Course Lesson(28)

Lesson 1 : **45 Minute Arms and Abs Workout Dumbbells Drop Set Format**

Lesson 2 : **25 Minute SUPERSET Leg Workout with Dumbbells Leg Burnout**

Lesson 3 : **40 Minute FULL BODY Strength Training HIIT Cardio Dumbbells**

Lesson 4 : **10 Minute Yoga Active Recovery Yoga for Rest Recovery Days**

Lesson 5 : **Intense 10 Minute Weighted Abs Workout One Dumbbell Beginner Mods Included**

Lesson 6 : **35 Minute Legs and Back Workout Dumbbell Strength Cardio Workout**

Lesson 7 : **40 Minute Strength Circuits Cardio Kickboxing Workout Cardio Strength**

Lesson 8 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

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

Lesson 10 :
45 Minute LEG DAY Workout for Women At Home Dumbbell Workout that Burns 500 Calories

Lesson 11 : **25 Minute Chest Arms Workout At Home Upper Body with Dumbbells**

Lesson 12 : **30 Minute Full Body Workout With Dumbbells HIIT Pyramid**

Lesson 13 : **5 Minute Intense Ab Workout At Home No Repeats No Equipment**

Lesson 14 : **10 Minute Upper Body Workout for Women Rep Drop**

Lesson 15 : **15 Minute Cardio Workout At Home No Equipment No Jumping**

Lesson 16 : **40 Minute Legs and Butt Workout At Home Dumbbells Mini Band**

Lesson 17 : **30 Minute LEG WORKOUT At Home with Dumbbells**

Lesson 18 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 19 : **35 Minute Full Body Strength HIIT Workout For Women Time Drop**

Lesson 20 : **25 Minute High Intensity Cardio Kickboxing Workout No Equipment**

Lesson 21 : **15 Minute Pregnancy Arm Workout Challenging Safe for All Trimesters**

Lesson 22 : **10 Minute CARDIO KICKBOXING Tabata Workout No Equipment No Jumping**

Lesson 23 : **35 Minute Full Body HIIT Circuit Workout Dumbbells**

Lesson 24 : **30 Minute Full Body CIRCUIT WORKOUT with Dumbbells**

Lesson 25 : **10 Minute Standing Abs Workout with 1 Dumbbell No Crunches No Planks**

Lesson 26 : **30 Minute Cardio Abs Workout HIIT ABS with Modifications for Beginners 1 Dumbbell**

Lesson 27 : **40 Minute Dumbbell HIIT Workout At Home Intense Full Body Pyramid Workout**

Lesson 28 : **FREE 30 Day Workout Plan At Home Workout Plan with Daily Workout Videos**

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