Mindluster Platform

About the course Glute and hamstring workouts at home

Glute and hamstring workouts course, in this course we will learn about Glute and Hamstring workouts designed to build strength, stability, and muscle tone. The program focuses on key exercises like hip thrusts, deadlifts, glute bridges, Romanian deadlifts, and hamstring curls to effectively target and strengthen these muscles. Youâ€™ll explore proper form and techniques to maximize results and prevent injuries, along with tips on using resistance bands, dumbbells, or bodyweight for progressive overload. The course also covers warm-up routines, stretches to improve flexibility, and recovery strategies for muscle growth. Whether you're a beginner or advanced, the program offers modifications to suit all fitness levels. By the end, youâ€™ll have the tools to build strong, toned glutes and hamstrings, improving athletic performance and overall mobility.

Medical Category's Courses

Course Lesson(11)

Lesson 1 : **FREE 2 Week Full Body Workout Plan HIITStrong 35 New HIIT Workouts Daily**

Lesson 2 : **35 Minute Chest and Back Workout At Home HIITStrong 35 Day 1**

Lesson 3 : **35 Minute LEG DAY At Home Base Build Power HIITStrong 35 Day 2**

Lesson 4 : **35 Minute Shoulders Biceps Triceps Workout At Home HIITStrong 35 Day 3**

Lesson 5 : **35 Minute Power Yoga for Athletes Runners HIITStrong 35 Day 4**

Lesson 6 : **35 Minute FULL BODY HIIT Workout with Dumbbells HIITStrong 35 Day 5**

Lesson 7 :
35 Minute GLUTE and HAMSTRING Workout At Home Dumbbells ONLY HIITStrong 35 Day 6

Lesson 8 : **35 Minute HIIT Arms Upper Body Strength Cardio HIITStrong 35 Day 7**

Lesson 9 : **35 Minute HIIT Ab Workout with Weights HIITStrong 35 Day 8**

Lesson 10 : **35 Minute Leg Day Strength Power Mobility Workout HIITStrong 35 Day 9**

Lesson 11 : **35 Minute TOTAL BODY HIIT Workout with Weights HIITStrong 35 Day 10**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com