Mindluster Platform

About the course Full body Yoga sculpt workout for beginners

Full-body Yoga sculpt workout course, in this course we will learn about the Full-body Yoga Sculpt workout, a dynamic blend of yoga, strength training, and cardio. This workout targets all major muscle groupsâ€”arms, core, legs, and glutesâ€”using bodyweight exercises and optional dumbbells for added resistance. You'll explore how to combine yoga poses like Warrior and Chair Pose with squats, lunges, and planks to build strength, flexibility, and endurance. The course also emphasizes breathing techniques to enhance focus and stamina. With modifications for all fitness levels, itâ€™s designed to challenge both beginners and advanced practitioners. By the end, you'll develop a balanced workout routine that boosts strength, tones muscles, and promotes mindfulness.

Medical Category's Courses

Course Lesson(16)

Lesson 1 : **25 Minute Toned Arms Workout No Push Ups**

Lesson 2 :
45 Minute KETTLEBELL WORKOUT or Single Dumbbell Workout Full Body Pyramid No Jumping

Lesson 3 : **30 Minute Yoga Sculpt Full Body Workout**

Lesson 4 : **The BEST Lower Ab Workout For Women No Equipment 10 Minute Lower Abs**

Lesson 5 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 6 : **35 Minute PUSH DAY WORKOUT Chest Shoulders Triceps Cardio Dumbbells**

Lesson 7 : **30 Minute Lower Body Workout For Women Pregnancy Workout**

Lesson 8 : **10 Minute Morning Stretch Follow Along**

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

Lesson 10 : **40 Minute Dumbbell HIIT Workout At Home Intense Full Body Pyramid Workout**

Lesson 11 : **10 Minute Dumbbell Arms Shoulders Biceps and Triceps Strength Workout**

Lesson 12 : **15 Minute Cardio Workout At Home No Equipment No Jumping**

Lesson 13 :
45 Minute LEG DAY Workout for Women At Home Dumbbell Workout that Burns 500 Calories

Lesson 14 : **15 Minute Power Yoga Abs SplitStrong 35 DAY 4**

Lesson 15 : **35 Minute Upper Body PULL WORKOUT At Home Back Biceps Cardio**

Lesson 16 : **30 Minute Full Body TABATA Workout No Equipment**

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