Mindluster Platform

About the course Mat Ab workout at Home

Mat Ab workout course, in this course we will learn about the Mat Ab workout, a series of exercises designed to strengthen the core using just a mat and bodyweight. The program focuses on targeting all areas of the abdominal muscles, including the upper abs, lower abs, obliques, and deep core muscles. Youâ€™ll explore exercises like crunches, planks, leg raises, Russian twists, and bicycle crunches, along with proper breathing techniques to engage the core effectively. The course provides modifications for beginners and progressions for advanced levels, ensuring accessibility for everyone. Weâ€™ll also cover warm-ups and cool-downs to enhance flexibility and prevent injuries. Mat workouts are low-impact, making them ideal for home fitness routines. By the end of the course, youâ€™ll have a complete ab-focused workout plan to build core strength, improve stability, and enhance overall fitness.

Medical Category's Courses

Course Lesson(26)

Lesson 1 : **30 Minute LEG WORKOUT At Home with Dumbbells**

Lesson 2 : **35 Minute Upper Body HIIT Workout**

Lesson 3 : **30 Minute Cardio Abs Workout HIIT ABS with Modifications for Beginners 1 Dumbbell**

Lesson 4 : **10 Minute Mat Ab Workout Barre Abs Booty Home Workout**

Lesson 5 : **PYRAMID WORKOUT 30 Minute FULL BODY Strength Training Cardio Workout At Home**

Lesson 6 : **20 Minute Full Body HIIT Workout with Weights**

Lesson 7 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 8 : **35 Minute Legs and Back Workout Dumbbell Strength Cardio Workout**

Lesson 9 : **30 Minute Arm Workout with Dumbbells Upper Body Strength Cardio**

Lesson 10 : **Barre Fitness 30 Minute Power Barre Workout**

Lesson 11 : **15 Minute Abs Butt and Thigh Workout No Equipment**

Lesson 12 : **30 Minute Dumbbell HIIT Workout All Standing**

Lesson 13 : **20 Minute Total Body HIIT Workout Pyramid Format**

Lesson 14 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 15 : **30 Minute Back Workout At Home Dumbbells Only**

Lesson 16 : **5 Minute Abs Workout At Home INTENSE No Equipment**

Lesson 17 : **15 Minute Power Yoga Energizing Power Vinyasa Flow with Strength Cardio**

Lesson 18 : **30 Minute Full Body Workout With Dumbbells HIIT Pyramid**

Lesson 19 :
20 Minute Workout The BEST Full Body Workout Strength Training HIIT with Dumbbells

Lesson 20 : **The BEST Lower Ab Workout For Women No Equipment 10 Minute Lower Abs**

Lesson 21 : **30 Minute Legs Back and Biceps Workout Strength Cardio Pyramid**

Lesson 22 : **25 Minute Dumbbell Chest Workout At Home**

Lesson 23 : **30 Minute Barre Boxing Workout At Home**

Lesson 24 : **15 Minute Full Body HIIT Cardio Workout No Equipment**

Lesson 25 : **35 Minute Kettlebell HIIT Workout Beginner Advanced Options**

Lesson 26 : **30 Minute Dumbbell HIIT Workout Full Body No Repeats**

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for Business Contact
business@mindluster.com