Mindluster Platform

About the course Weighted abs workout at home

Weighted abs workout course, in this course we will learn about the Weighted Abs workout, designed to build core strength and sculpt the abdominal muscles using added resistance. Youâ€™ll explore effective exercises such as weighted crunches, Russian twists with a medicine ball, weighted planks, and dumbbell leg raises to target the upper, lower, and oblique muscles. Weâ€™ll cover how to properly incorporate weights into your routine to enhance muscle engagement, improve endurance, and maximize results. The course offers modifications for beginners and progressions for advanced athletes, ensuring all fitness levels can participate. Additionally, youâ€™ll learn about warm-ups and cool-downs to prevent injury and maintain flexibility. By the end, youâ€™ll have a complete workout plan to build a stronger, more defined core through safe and effective weighted exercises.

Medical Category's Courses

Course Lesson(16)

Lesson 1 : **35 Minute Lower Body Dumbbell Workout Slow Burn**

Lesson 2 : **40 Minute Strength Circuits Cardio Kickboxing Workout Cardio Strength**

Lesson 3 : **10 Minute Dumbbell Arms Shoulders Biceps and Triceps Strength Workout**

Lesson 4 : **Intense 10 Minute Weighted Abs Workout One Dumbbell Beginner Mods Included**

Lesson 5 : **10 Minute Morning Stretch Follow Along**

Lesson 6 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 7 : **35 Minute Legs Chest Workout with Dumbbells SplitStrong 35 DAY 6**

Lesson 8 : **30 Minute Full Body CIRCUIT WORKOUT with Dumbbells**

Lesson 9 : **45 Minute Arms and Abs Workout Dumbbells Drop Set Format**

Lesson 10 : **25 Minute High Intensity Cardio Kickboxing Workout No Equipment**

Lesson 11 : **5 Minute Intense Ab Workout At Home No Repeats No Equipment**

Lesson 12 : **18 Minute Barre Workout Full Body Barre Class with Optional Light Weights**

Lesson 13 : **35 Minute Legs Back Workout with Dumbbells SplitStrong 35 DAY 1**

Lesson 14 : **20 Minute NO REPEAT Full Body Workout With Weights No Jumping**

Lesson 15 : **10 Minute LEGS BUTT Workout Dumbbells Optional Booty Band**

Lesson 16 : **25 Minute SUPERSET Leg Workout with Dumbbells Leg Burnout**

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