Mindluster Platform

About the course Abs Workout with weights at gem

Abs Workout with weights course, in this course we will learn about the Abs Workout with weights, focusing on exercises that enhance core strength and muscle definition using added resistance. Youâ€™ll explore key movements such as weighted crunches, Russian twists, weighted leg raises, and weighted planks to target the upper and lower abs, obliques, and deep core muscles. The course covers proper form and breathing techniques to maximize muscle engagement and prevent injuries. Youâ€™ll also learn how to progressively increase resistance with dumbbells, medicine balls, or kettlebells to boost results. Suitable for all fitness levels, the program offers modifications for beginners and advanced progressions for seasoned athletes. Warm-up and cool-down routines are included to improve flexibility and recovery. By the end, youâ€™ll have a structured plan to build a stronger, more defined core using weighted exercises effectively.

Medical Category's Courses

Course Lesson(11)

Lesson 1 : **FREE 2 Week Workout Program SplitStrong 35 New Videos Daily**

Lesson 2 : **35 Minute Legs Back Workout with Dumbbells SplitStrong 35 DAY 1**

Lesson 3 : **35 Minute PUSH Workout Chest Shoulders Triceps Cardio SplitStrong 35 DAY 2**

Lesson 4 : **35 Minute Legs and Glutes Workout SplitStrong 35 DAY 3**

Lesson 5 : **15 Minute Power Yoga Abs SplitStrong 35 DAY 4**

Lesson 6 : **35 Minute Dumbbell Cardio Abs Core Conditioning 1 SplitStrong 35 DAY 5**

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

Lesson 8 : **35 Minute PULL Workout Back Biceps Cardio SplitStrong 35 DAY 7**

Lesson 9 : **35 Minute Unilateral Leg Workout with Dumbbells SplitStrong 35 DAY 8**

Lesson 10 : **10 Minute Dynamic Stretching Mobility Workout SplitStrong 35 DAY 9**

Lesson 11 :
35 Minute Cardio Abs Workout with Weights Core Conditioning 2 SplitStrong 35 DAY 10

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