Mindluster Platform

About the course Kettlebell Legs and abs workout at home

Kettlebell Legs and abs workout course, in this course is designed to strengthen, tone, and sculpt your lower body and core using dynamic kettlebell exercises. This course combines traditional and innovative moves to target the glutes, quads, hamstrings, and abs, all with the added resistance and versatility of kettlebells. You'll start with foundational techniques, focusing on proper form and balance, and gradually progress to more intense movements like goblet squats, lunges, Russian twists, and swings that activate the core and lower body. The course is structured to build endurance and boost metabolic rate, helping you achieve a leaner, more defined physique. In addition to strength and conditioning, the course emphasizes core stability, enhancing overall balance and functional fitness. Suitable for all fitness levels, modifications are provided to match individual abilities, whether youâ€™re a beginner or more advanced. With guided instructions, form cues, and a focus on safety, this kettlebell course is an ideal choice for anyone seeking a high-impact, efficient workout to tone legs and abs while building core strength and stability.

Medical Category's Courses

Course Lesson(24)

Lesson 1 : **FREE 14 Day Challenge Home Workout Plan 2 Weeks of Daily Workouts**

Lesson 2 : **35 Minute Full Body STRENGTH CONDITIONING Workout Dumbbells**

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

Lesson 4 : **10 Minute CARDIO KICKBOXING Tabata Workout No Equipment No Jumping**

Lesson 5 :
10 Minute GLUTE ACTIVATION Warm Up Do These 10 Banded Glute Exercises Before Leg Day

Lesson 6 : **5 Minute Resistance Band Ab Workout No Repeats**

Lesson 7 : **20 Minute Resistance Band Workout LEGS CARDIO CORE Mini Band Workout**

Lesson 8 : **10 Minute Dynamic Warm Up Full Body Mobility Cardio Warm Up**

Lesson 9 : **20 Minute NO REPEAT Full Body Workout With Weights No Jumping**

Lesson 10 : **10 Minute Yoga Active Recovery Yoga for Rest Recovery Days**

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

Lesson 12 : **5 Minute Ab Workout for Beginners No Equipment No Repeats**

Lesson 13 : **45 Minute FULL BODY Dumbbell Strength Training Intense Pyramid Workout**

Lesson 14 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 15 : **The 8 BEST Foam Rolling Exercises 10 Minute Full Body Foam Roll Routine**

Lesson 16 : **30 Minute Kettlebell Legs and Abs Workout AMRAP Workout**

Lesson 17 : **15 Minute Full Body STRENGTH Workout with Dumbbells 9 Full Body Power Moves**

Lesson 18 : **15 Minute Full Body HIIT Cardio Workout No Equipment**

Lesson 19 : **15 Minute Low Impact HIIT Cardio Workout No Jumping Prenatal Cardio Workout**

Lesson 20 : **10 Minute Upper Body Workout for Women Rep Drop**

Lesson 21 : **5 Minute Abs Workout At Home INTENSE No Equipment**

Lesson 22 : **5 Minute FAT BURNING Workout No Equipment Burn 100 Calories**

Lesson 23 : **35 Minute Full Body KETTLEBELL WORKOUT or Single Dumbbell Workout No Jumping**

Lesson 24 : **50 Minute Full Body PYRAMID Workout Intense Dumbbell HIIT**

Related courses

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for Business Contact
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