Mindluster Platform

About the course HIIT cardio and abs workout at home

HIIT cardio and abs workout course, in this course youâ€™ll dive into high-intensity interval training (HIIT), designed to boost cardiovascular health, burn calories, and strengthen core muscles effectively. This course breaks down efficient HIIT workouts targeting endurance and agility while specifically focusing on abdominal exercises to tone and sculpt the abs. Weâ€™ll explore different HIIT techniques, intervals, and routines, maximizing both fat burn and core definition in each session. Expect a mix of cardio bursts and focused ab exercises, making this an ideal course for improving overall fitness, endurance, and abdominal strength. With guidance on proper form, timing, and variation, this HIIT program is perfect for all fitness levels aiming to intensify workouts and see real, targeted results.

Medical Category's Courses

Course Lesson(17)

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

Lesson 2 : **30 Minute Back Workout At Home Dumbbells Only**

Lesson 3 : **30 Minute Kettlebell Legs and Abs Workout AMRAP Workout**

Lesson 4 : **8 Minute BOOTY Workout At Home No Equipment NO Squats NO Lunges**

Lesson 5 : **30 Minute Barre Boxing Workout At Home**

Lesson 6 : **5 Minute Abs Workout At Home INTENSE No Equipment**

Lesson 7 : **10 Minute HIIT CARDIO ABS Workout At Home No Equipment Cardio ABS**

Lesson 8 : **30 Minute FULL BODY Dumbbell Workout At Home Circuits**

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

Lesson 10 : **5 Minute FAT BURNING Workout No Equipment Burn 100 Calories**

Lesson 11 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 12 : **25 Minute Dumbbell Chest Workout At Home**

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

Lesson 14 : **30 Minute Yoga Sculpt Full Body Workout**

Lesson 15 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 16 : **30 Minute Full Body CIRCUIT WORKOUT with Dumbbells**

Lesson 17 : **30 Minute Dumbbell HIIT Workout Full Body No Repeats**

Related courses

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