Mindluster Platform

About the course Full body Shred workout at home

Full body Shred workout course, in this course you'll discover an intensive, high-energy fitness program focused on burning calories, building endurance, and toning every major muscle group. Designed for full-body strength, this course combines cardio, strength, and conditioning moves into dynamic circuits, helping you achieve maximum fat burn and lean muscle gain. Youâ€™ll learn effective exercises that target arms, legs, core, and back, creating a balanced, comprehensive workout plan that can be done at home or in the gym. Each workout is designed with varying levels of intensity, allowing you to progress at your own pace while pushing your limits. Alongside workout guidance, this course provides insights on how to maximize results with proper form, rest intervals, and breathing techniques, ensuring safety and effectiveness. Itâ€™s ideal for anyone looking to transform their fitness level, gain strength, and achieve a shredded physique. Whether youâ€™re just starting out or are already familiar with fitness, this program makes a full-body transformation accessible and rewarding.

Medical Category's Courses

Course Lesson(95)

Lesson 1 : **LIVE 30 Minute Full Body Shred Workout**

Lesson 2 : **LIVE 30 Minute Full Body Strength Abs**

Lesson 3 : **Live 30 Minute Full Body Circuits Time Drop**

Lesson 4 : **LIVE 30 Minute Full Body STRENGTH and ABS Workout**

Lesson 5 : **30 Minute Full Body Strength Cardio Circuits**

Lesson 6 : **30 Minute Bodyweight Bands Full Body HIIT**

Lesson 7 : **40 Minute Strength Cardio Kickboxing**

Lesson 8 : **30 Minute Strength Core Cardio Workout NEW 3 2 1 Format**

Lesson 9 : **30 Minute Full Body Circuits Workout NEW FORMAT**

Lesson 10 : **30 Minute Strength Core Cardio Workout NEW 3 2 1 Format**

Lesson 11 : **30 Minute Full Body Strength Cardio Tabata DB Bands**

Lesson 12 : **30 Minute Full Body SHRED Dumbbells Only**

Lesson 13 : **30 Minute Full Body Dumbbell Workout NEW Build Format**

Lesson 14 : **Live Fitness Assessment**

Lesson 15 : **30 Minute Full Body Circuits Time Drop**

Lesson 16 : **30 Minute Full Body Shred Workout**

Lesson 17 : **30 Minute Full Body Unilateral Training**

Lesson 18 : **30 Minute Strength Cardio Mobility Workout Full Body**

Lesson 19 : **30 Minute Strength Tabata Circuits**

Lesson 20 : **30 Minute Full Body Circuits Strength Power Isometrics**

Lesson 21 : **30 Minute Full Body Circuits Time Drop**

Lesson 22 : **30 Minute Full Body Trisets Abs Dumbbells Mini Band**

Lesson 23 : **Live 30 Minute Full Body Circuit Training SHRED Format**

Lesson 24 : **30 Minute Strength Cardio Mobility Workout Full Body**

Lesson 25 : **30 Minute Strength Kickboxing Workout**

Lesson 26 : **Live Fitness Assessment RE TEST**

Lesson 27 : **30 Minute Dumbbell Strength Abs Workout Full Body**

Lesson 28 : **30 Minute Full Body Circuits NEW TIME DROP FORMAT**

Lesson 29 : **30 Minute Full Body Conditioning Workout MetCon 100 Program Teaser**

Lesson 30 : **Live Fitness Assessment**

Lesson 31 : **30 Minute Holiday Hustle Full Body Shred**

Lesson 32 : **30 Minute Strength Cardio Mobility Workout Full Body**

Lesson 33 : **30 Minute Full Body Dumbbell Workout Time Drop**

Lesson 34 : **30 Minute Full Body Circuits Strength Power Isometrics**

Lesson 35 : **30 Minute Full Body Circuits Workout TriSets**

Lesson 36 : **30 Minute Full Body Progressions Strength Power**

Lesson 37 : **30 Minute Bodyweight Band Progressions Strength to Power**

Lesson 38 : **30 Minute Full Body Pyramid All Strength**

Lesson 39 : **30 Minute Strength Cardio Mobility Workout Full Body**

Lesson 40 : **30 Minute Full Body Circuits Strength Power Isometrics**

Lesson 41 : **30 Minute Strength Tabata Workout**

Lesson 42 : **30 Minute Full Body Circuits SHRED Format**

Lesson 43 : **30 Minute Bodyweight Workout Full Body No Equipment**

Lesson 44 : **30 Minute Dumbbell Strength Abs Workout Full Body**

Lesson 45 : **30 Minute Full Body Build Burn Workout**

Lesson 46 : **30 Minute Strength Cardio Kickboxing Workout**

Lesson 47 : **30 Minute Bodyweight Band Workout Full Body**

Lesson 48 : **Live 30 Minute Strength Circuits Cardio Tabata Full Body**

Lesson 49 : **Live 30 Minute Arms and Abs Strength and Power**

Lesson 50 : **Live 30 Minute Full Body Circuits A B A Format**

Lesson 51 : **Live 30 Minute Full Body Workout Build and Burn**

Lesson 52 : **Live 30 Minute Full Body Pyramid Workout One Dumbbell**

Lesson 53 : **Live 30 Minute Lower Body Supersets**

Lesson 54 : **Live 30 Minute Full Body Strength and Abs No Jumping**

Lesson 55 : **30 Minute Pilates Strength Workout Full Body**

Lesson 56 : **35 Minute Full Body Shred Workout No Burpees**

Lesson 57 : **Live 30 Minute Full Body Circuit Training Dirty 30 s**

Lesson 58 : **Live 30 Minute Full Body Kettlebell Workout Or 1 Dumbbell**

Lesson 59 : **Live 30 Minute Full Body Dumbbell Workout Strength**

Lesson 60 : **Live 30 Minute Full Body Dumbbell Workout**

Lesson 61 : **Live 30 Minute Arms and Abs Workout Standing or Seated Workout**

Lesson 62 : **Live 40 Minute Full Body Dumbbell Workout No Repeats**

Lesson 63 : **Live 30 Minute Full Body Circuit Workout Time Drop Format**

Lesson 64 : **LIVE 30 Minute Full Body SUPERSET Workout Strength Cardio Core Dumbbells**

Lesson 65 : **LIVE 30 Minute FULL BODY Strength and Cardio CIRCUITS Dumbbells**

Lesson 66 : **LIVE 20 Minute Full Body Postpartum Workout Safe for Diastasis Recti**

Lesson 67 : **LIVE 15 Minute Postpartum Workout For Rebuilding Strength At 6 Weeks Postpartum**

Lesson 68 : **30 Minute Bodyweight HIIT Advanced Full Body HIIT with Beginner Modifications**

Lesson 69 : **LIVE 40 Minute HIIT Cardio Abs Workout with Weights and Low Impact Modifications**

Lesson 70 : **LIVE 40 Minute Full Body Supersets Workout Strength HIIT with Dumbbells and Bands**

Lesson 71 : **LIVE New Year Workout 30 Minute Athletic HIIT Workout Full Body Dumbbell HIIT**

Lesson 72 : **LIVE WORKOUT 30 Minute Kettlebell HIIT Or Single Dumbbell Replay**

Lesson 73 : **LIVE 30 Minute ADVANCED Kettlebell HIIT Workout Modifications Offered**

Lesson 74 : **LIVE 40 Minute Full Body SHRED Dumbbell Strength HIIT Cardio Core Circuits**

Lesson 75 : **40 Minute NO REPEAT Full Body Strength HIIT 10 28 LIVE Workout Replay**

Lesson 76 : **LIVE 30 Minute No Jumping HIIT Full Body Workout with Dumbbells Bands**

Lesson 77 : **LIVE 40 Minute Upper Body Pyramid Workout HIIT Arms with Weights**

Lesson 78 : **40 Minute Full Body Kettlebell Workout with Modifications One KB or Single Dumbbell**

Lesson 79 : **40 Minute Dumbbell Strength Kickboxing Circuits Strength Cardio**

Lesson 80 : **40 Minute Full Body Dumbbell STRENGTH CARDIO TABATA Circuits**

Lesson 81 : **40 Minute Full Body STRENGTH SHRED Strength Cardio Core with Dumbbells**

Lesson 82 : **40 Minute Full Body Mini Band Workout Intense Bodyweight Bands Workout**

Lesson 83 :
40 Minute LOW IMPACT Strength Cardio Full Body No Jumping Dumbbells Towel Sliders

Lesson 84 : **40 Minute Full Body Circuits StrengthÂ Cardio with Mini BandÂ Dumbbells**

Lesson 85 :
35 Minute Full Body AMRAP Strength Cardio Workout with Dumbbells Optional Bench Box Chair

Lesson 86 : **40 Minute Full Body SHRED Strength Conditioning Workout with Dumbbells**

Lesson 87 : **30 Minute Power LEG DAY Power Leg Workout with Dumbbells Chair Bench Â**

Lesson 88 : **40 Minute Arms Abs HIIT Dumbbell Arms Abs Cardio**

Lesson 89 :
45 Minute KETTLEBELL WORKOUT or Single Dumbbell Workout Full Body Pyramid No Jumping

Lesson 90 : **45 Minute Barre Strength Workout 2 Full Body Barre Workout with Dumbbells**

Lesson 91 : **45 Minute Barre Strength Workout Full Body Sculpting Strength Cardio**

Lesson 92 : **45 Minute Lower Body HIIT Dumbbells Mini Loop Band**

Lesson 93 : **30 Minute Bodyweight Circuit Workout Full Body No Equipment**

Lesson 94 : **2021 NEW YEAR s Workout Full Body NO REPEAT Strength HIIT No Jumping**

Lesson 95 :
LIVE Workout 45 Minute Full Body HIIT No Equipment Supports Non Profit EmergeMothersAcad

Related courses

Infection Control

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