Mindluster Platform

About the course Full body kickboxing workout at gem

Full body kickboxing workout course, in this course you'll dive into a dynamic, high-energy workout designed to strengthen and tone the entire body. Kickboxing combines powerful punches, kicks, and cardio intervals to target muscles from head to toe while elevating the heart rate, boosting endurance, and burning calories. This course covers foundational techniques, including proper stance, punch combinations, and kick sequences, ensuring a solid foundation in kickboxing basics. Each workout includes sequences that engage the core, arms, legs, and glutes, making it a full-body experience. You'll learn to increase your coordination, balance, and agility with each session, gaining both physical and mental strength. In addition to learning each movement, the course provides insight into creating your own combos and routines, allowing for personalization and progression. Perfect for all fitness levels, this course is adaptable whether youâ€™re at home or in the gym, with or without equipment, and is an excellent way to boost confidence, relieve stress, and achieve a lean, toned physique through a powerful workout style.

Medical Category's Courses

Course Lesson(15)

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

Lesson 2 : **30 Minute BOOTY BUILDING Workout The 6 BEST Glute Exercises At Home Dumbbells**

Lesson 3 : **30 Minute Back Workout At Home Dumbbells Only**

Lesson 4 : **10 Minute HIIT CARDIO ABS Workout At Home No Equipment Cardio ABS**

Lesson 5 : **45 Minute Barre Cardio Full Body Kickboxing Workout optional light dumbbells**

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

Lesson 7 : **15 Minute Power Yoga Energizing Power Vinyasa Flow with Strength Cardio**

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

Lesson 9 : **30 Minute Dumbbell HIIT Workout Full Body No Repeats**

Lesson 10 : **30 Minute Resistance Band Legs Glutes Thighs No Jumping**

Lesson 11 : **30 Minute Barre Blend Barre Cardio Workout**

Lesson 12 : **15 Minute Full Body HIIT Cardio Workout No Equipment**

Lesson 13 :
15 Minute LOW IMPACT HIIT Cardio Workout No Jumping Workout Pregnancy Prenatal Workout

Lesson 14 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 15 : **45 Minute Arms and Abs Workout Dumbbells Drop Set Format**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
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