Mindluster Platform

About the course Abs and butt workout at home

Abs and butt workout course, in this course you'll engage in a targeted exercise program designed to strengthen and tone the core and glutes. This course focuses on key exercises for both muscle groups, including variations of squats, lunges, planks, and glute bridges, creating a balanced approach to building a strong midsection and firm, lifted glutes. You'll learn effective techniques for each movement, emphasizing proper form and activation to maximize results while avoiding injury. Each workout combines elements of resistance, balance, and endurance to enhance muscle definition, improve posture, and boost overall lower body strength. Suitable for all fitness levels, this course breaks down routines into manageable steps with modifications to suit beginners or advanced levels. Alongside workout guidance, it provides valuable tips on incorporating these exercises into a broader fitness routine and advice on how nutrition supports muscle toning. Whether your goal is to improve athletic performance, enhance core stability, or simply achieve a sculpted look, this program is a comprehensive guide to targeting abs and glutes.

Medical Category's Courses

Course Lesson(15)

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

Lesson 2 :
20 Minute Workout The BEST Full Body Workout Strength Training HIIT with Dumbbells

Lesson 3 : **10 Minute Abs and Butt Workout No Equipment No Squats or Lunges**

Lesson 4 : **35 Minute Upper Body HIIT Workout**

Lesson 5 : **Barre Fitness 30 Minute Power Barre Workout**

Lesson 6 : **15 Minute Power Yoga Energizing Power Vinyasa Flow with Strength Cardio**

Lesson 7 : **30 Minute Strength Circuit Workout Full Body Dumbbells**

Lesson 8 : **30 Minute HIIT AT HOME Calorie Torching No Equipment Workout**

Lesson 9 :
35 Minute Home Workout FULL BODY Strength HIIT Dumbbell Workout The Best Workout for Women

Lesson 10 : **30 Minute Arm Workout with Dumbbells Upper Body Strength Cardio**

Lesson 11 : **20 Minute Resistance Band Workout LEGS CARDIO CORE Mini Band Workout**

Lesson 12 : **15 Minute Cardio Barre Workout At Home No Equipment Pregnancy Friendly**

Lesson 13 :
PYRAMID WORKOUT 30 Minute FULL BODY Strength Training Cardio Workout At Home

Lesson 14 : **20 Minute Full Body HIIT Workout with Weights**

Lesson 15 : **10 Minute Diastasis Recti Challenge 8 Postpartum Abs**

Related courses

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