Mindluster Platform

About the course Knee strengthening workouts at home

Knee strengthening workouts course, in this course is designed to help you build strength, stability, and resilience in your knee joints, whether you're recovering from an injury, enhancing athletic performance, or aiming to prevent knee problems. You'll learn targeted exercises to improve muscle support around the knee, focusing on quadriceps, hamstrings, calves, and glutes to reduce joint stress. The course covers essential warm-up and cool-down routines, balance techniques, and flexibility exercises that enhance range of motion and stability. With guided, practical workouts and tips on adapting exercises to suit different fitness levels, you'll gain the confidence to incorporate knee-friendly movements into your daily life and activities, supporting long-term joint health.

Medical Category's Courses

Course Lesson(103)

Lesson 1 : **7 Minute HIIT Ab Workout All Standing No Equipment**

Lesson 2 : **Ab Challenge Day 5 7 Minute Dumbbell Abs Core No Repeats**

Lesson 3 : **Ab Challenge Day 2 7 Minute Standing Abs No Repeats One Dumbbell**

Lesson 4 : **Ab Challenge Day 1 7 Minute Dumbbell Abs On The Mat No Planks**

Lesson 5 : **5 Minute Pilates Abs No Equipment Standing Abs**

Lesson 6 : **5 Minute Thoracic Mobility Flow Upper Back Mobility**

Lesson 7 : **10 Minute Upper Body Workout for Women Rep Drop**

Lesson 8 : **10 Minute Low Impact Cardio All Standing No Equipment**

Lesson 9 : **7 Minute Upper Abs Workout No Repeat No Equipment**

Lesson 10 : **How To Get Rid of SI Joint Pain At Home 7 Minute Stretch Routine**

Lesson 11 : **7 Minute Lower Abs Workout No Repeat No Equipment**

Lesson 12 : **10 Minute Killer Glute Workout Dumbbells Only**

Lesson 13 : **7 Minute Hip Mobility Workout Fix Tight Hips**

Lesson 14 : **10 Minute Beginner Dumbbell Workout Standing Workout**

Lesson 15 : **5 Minute Ankle Mobility For Better Squats**

Lesson 16 : **10 Minute Morning Workout No Equipment No Repeats**

Lesson 17 : **10 Minute Shoulder Mobility Routine Bulletproof Shoulders**

Lesson 18 : **10 Minute Oblique Workout No Repeat**

Lesson 19 : **7 Minute Standing Ab Circuit Workout No Repeats**

Lesson 20 : **5 Minute Daily Mobility Routine For All Levels**

Lesson 21 : **10 Minute Quad Workout At Home**

Lesson 22 : **5 Minute Kettlebell Abs No Repeat**

Lesson 23 : **Ab Challenge Day 1 10 Minute Abs No Equipment**

Lesson 24 : **Ab Challenge Day 7 10 Minute Ab Supersets**

Lesson 25 : **Ab Challenge Day 6 10 Minute Barre Abs**

Lesson 26 : **Ab Challenge Day 5 10 Minute Standing Abs No Repeats**

Lesson 27 : **Ab Challenge Day 4 10 Minute Functional Ab Workout**

Lesson 28 : **Ab Challenge Day 3 10 Minute Pilates Abs**

Lesson 29 : **Ab Challenge Day 2 10 Minute Standing Abs**

Lesson 30 : **10 Minute Daily Ab Workout No Equipment No Repeats**

Lesson 31 : **15 Minute Standing Cardio Workout 1500 Steps in 15 Minutes**

Lesson 32 : **10 Minute Abs and Butt Workout No Equipment No Squats or Lunges**

Lesson 33 : **Members Challenge Day 7 10 Minute Weighted Abs**

Lesson 34 : **10 Minute Knee Rehab for Meniscus Tear**

Lesson 35 : **5 Best Knee Strengthening Exercises No More Knee Pain**

Lesson 36 : **10 Minute Beginner Butt Workout No Squats No Lunges**

Lesson 37 : **10 Minute Intense Abs No Repeats**

Lesson 38 : **5 Minute Seated Abs with Weights No Repeats**

Lesson 39 : **5 Minute Seated Abs Intense Ab Workout**

Lesson 40 : **10 Minute Best Inner Thigh Workout Quick Effective**

Lesson 41 : **10 Minute Ab Workout for Women No Repeat**

Lesson 42 : **10 Minute Hamstring Workout At Home**

Lesson 43 : **5 Minute Dead Bug Workout No Repeats**

Lesson 44 : **10 Minute Diastasis Recti Challenge 9 Postpartum Abs**

Lesson 45 : **10 Minute Diastasis Recti Challenge 3 Postpartum Abs**

Lesson 46 : **10 Minute Diastasis Recti Challenge 6 Postpartum Abs**

Lesson 47 : **10 Minute Diastasis Recti Challenge 5 Postpartum Abs**

Lesson 48 : **10 Minute Diastasis Recti Challenge 2 Postpartum Abs**

Lesson 49 : **10 Minute Diastasis Recti Challenge 4 Postpartum Abs**

Lesson 50 : **10 Minute Diastasis Recti Challenge 1 Postpartum Abs**

Lesson 51 : **10 Minute Booty Band Workout No Repeats**

Lesson 52 : **10 Minute Weighted Ab Workout Beginner Advanced Options**

Lesson 53 : **10 Minute Cardio Abs Workout Intense NO EQUIPMENT**

Lesson 54 : **3 Exercises For Pelvic Pain During Pregnancy Symphysis Pubis Dysfunction**

Lesson 55 : **10 Minute Prenatal Core Workout 1 Dumbbell ALL TRIMESTERS**

Lesson 56 : **10 Minute Pregnancy Leg Workout NO Lunges SPD and Sciatica Friendly**

Lesson 57 : **10 Minute Prenatal Pilates Workout No Equipment Safe for ALL Trimesters**

Lesson 58 : **7 Best Sciatica Stretches for Quick Sciatica Pain Relief Pregnancy Safe**

Lesson 59 : **10 Minute Standing Abs Workout with 1 Dumbbell No Crunches No Planks**

Lesson 60 : **15 Minute Pregnancy Arm Workout Challenging Safe for All Trimesters**

Lesson 61 : **8 Best Pregnancy Stretches for Lower Back Pain Relief**

Lesson 62 : **10 Minute Pregnancy Abs Workout Safe For ALL Trimesters No Equipment**

Lesson 63 : **5 BEST Hip Flexor Stretches 10 Minute Hip Flexor Stretch Routine**

Lesson 64 : **10 Minute LEGS BUTT Workout Dumbbells Optional Booty Band**

Lesson 65 : **10 Minute Pregnancy Safe Ab Workout First Second Trimester**

Lesson 66 : **Intense 10 Minute Weighted Abs Workout One Dumbbell Beginner Mods Included**

Lesson 67 : **10 Minute DAILY STRETCH Full Body Stretch For Tight Muscles Mobility Flexibility**

Lesson 68 : **15 Minute Resistance Band Arm Workout with Mini Band**

Lesson 69 : **10 Minute Dumbbell Arms Shoulders Biceps and Triceps Strength Workout**

Lesson 70 : **10 Minute Dynamic Stretching Mobility Workout SplitStrong 35 DAY 9**

Lesson 71 : **5 Minute Intense Ab Workout At Home No Repeats No Equipment**

Lesson 72 : **5 Minute Ab Workout for Beginners No Equipment No Repeats**

Lesson 73 : **10 Minute Yoga Active Recovery Yoga for Rest Recovery Days**

Lesson 74 : **10 Minute UPPER BODY Stretch Release Tight Neck Shoulders Chest Back**

Lesson 75 : **10 Minute Dynamic Warm Up Full Body Mobility Cardio Warm Up**

Lesson 76 : **5 Minute Resistance Band Ab Workout No Repeats**

Lesson 77 : **10 Minute Beginner Cardio Workout No Jumping Pregnancy Friendly**

Lesson 78 : **10 Minute Morning Stretch Follow Along**

Lesson 79 : **15 Minute Abs Butt and Thigh Workout No Equipment**

Lesson 80 : **The 8 BEST Foam Rolling Exercises 10 Minute Full Body Foam Roll Routine**

Lesson 81 : **10 Minute Beginner HIIT Workout FULL BODY No Jumping Workout**

Lesson 82 : **10 Minute Mat Ab Workout Barre Abs Booty Home Workout**

Lesson 83 : **5 Minute Abs Workout At Home INTENSE No Equipment**

Lesson 84 : **5 Minute FAT BURNING Workout No Equipment Burn 100 Calories**

Lesson 85 : **8 Minute BOOTY Workout At Home No Equipment NO Squats NO Lunges**

Lesson 86 : **10 Minute Abs After Baby 8 Diastasis Recti Safe Ab Exercises**

Lesson 87 :
10 Minute GLUTE ACTIVATION Warm Up Do These 10 Banded Glute Exercises Before Leg Day

Lesson 88 : **10 Minute CARDIO KICKBOXING Tabata Workout No Equipment No Jumping**

Lesson 89 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 90 : **10 Minute HIIT CARDIO ABS Workout At Home No Equipment Cardio ABS**

Lesson 91 : **10 Minute Toned Arms Workout At Home Dumbbells Only**

Lesson 92 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 93 : **The BEST Lower Ab Workout For Women No Equipment 10 Minute Lower Abs**

Lesson 94 : **7 Minute Abs Workout for Women**

Lesson 95 : **7 Exercises for Diastasis Recti Postnatal Ab Workout**

Lesson 96 : **8 Mobility Exercises for Muscle Recovery**

Lesson 97 : **5 Minute Warm Up for At Home Workouts**

Lesson 98 : **10 Minute Low Impact HIIT Cardio Workout 1 Dumbbell Workout**

Lesson 99 :
PREGNANCY CORE WORKOUT Transverse Abdominal Breathing Pregnancy Safe Ab Exercises

Lesson 100 : **10 Minute Gentle Prenatal Yoga Flow**

Lesson 101 :
10 Minute Abs and Butt Workout Abs and Booty Workout For Women NO EQUIPMENT WORKOUT

Lesson 102 : **10 Minute Diastasis Recti Challenge 8 Postpartum Abs**

Lesson 103 : **AMRAP Workout 10 Minute Workout Without Equipment to Burn Calories**

Related courses

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