Mindluster Platform

About the course Bodyweight bench HIIT workout for beginners

Bodyweight bench HIIT workout course, in this course is designed to enhance strength, endurance, and cardiovascular fitness using just a bench and bodyweight exercises. In this high-intensity interval training (HIIT) course, youâ€™ll explore effective exercises like step-ups, push-ups, tricep dips, and bench jumps, which are performed at high intensity to elevate heart rate and engage multiple muscle groups. This workout combines short bursts of high-energy moves with brief rest periods, creating a challenging yet rewarding session that maximizes calorie burn in a compact time frame. Ideal for all fitness levels, the course offers modifications to suit beginners and more advanced options for seasoned athletes. Each exercise in this course is structured to build lower and upper body strength, improve balance, and boost core stability without requiring extra equipment. Join the "Bodyweight Bench HIIT Workout" to discover an efficient, equipment-free workout that helps you reach fitness goals, whether at the gym, park, or even your backyard.

Medical Category's Courses

Course Lesson(25)

Lesson 1 : **PYRAMID WORKOUT 30 Minute FULL BODY Strength Training Cardio Workout At Home**

Lesson 2 : **30 Minute LEG WORKOUT At Home with Dumbbells**

Lesson 3 : **25 Minute Toned Arms Workout No Push Ups**

Lesson 4 : **15 Minute Full Body HIIT Cardio Workout No Equipment**

Lesson 5 : **15 Minute Power Yoga Energizing Power Vinyasa Flow with Strength Cardio**

Lesson 6 : **18 Minute Barre Workout Full Body Barre Class with Optional Light Weights**

Lesson 7 : **50 Minute Full Body PYRAMID Workout Intense Dumbbell HIIT**

Lesson 8 : **outdoor 35 minute cardio strength circuit workout**

Lesson 9 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 10 : **30 Minute Full Body Workout With Dumbbells HIIT Pyramid**

Lesson 11 : **30 Minute Resistance Band Legs Glutes Thighs No Jumping**

Lesson 12 : **40 Minute Booty Building Butt Workout**

Lesson 13 : **35 Minute Upper Body HIIT Workout**

Lesson 14 : **Barre Fitness 30 Minute Power Barre Workout**

Lesson 15 : **35 Minute Full Body Strength HIIT Workout For Women Time Drop**

Lesson 16 : **10 Minute Mat Ab Workout Barre Abs Booty Home Workout**

Lesson 17 : **Bodyweight Bench HIIT Workout**

Lesson 18 : **30 Minute Dumbbell HIIT Workout All Standing**

Lesson 19 : **10 Minute Upper Body Workout for Women Rep Drop**

Lesson 20 : **30 Minute Yoga Sculpt Full Body Workout**

Lesson 21 : **20 Minute Full Body HIIT Workout with Weights**

Lesson 22 : **20 Minute Total Body HIIT Workout Pyramid Format**

Lesson 23 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 24 : **30 Minute Kettlebell Legs and Abs Workout AMRAP Workout**

Lesson 25 : **10 Minute Diastasis Recti Challenge 8 Postpartum Abs**

Related courses

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