Mindluster Platform

About the course HIIT dumbbell workout at Home

HIIT dumbbell workout course, in this course we will learn about the HIIT Dumbbell Workout, a powerful blend of strength training and high-intensity interval training (HIIT) designed to maximize fat loss, build muscle, and improve cardiovascular endurance. Using dumbbells, youâ€™ll engage in short bursts of intense exercise followed by brief recovery periods, which elevates your heart rate, burns calories, and enhances overall fitness. The combination of weightlifting with HIIT ensures both strength and cardio benefits in a time-efficient workout. Throughout the course, you will explore different HIIT routines targeting the entire body, focusing on upper body, lower body, and core exercises. You'll also learn proper form and technique for dumbbell exercises to prevent injury and optimize results. This workout can be tailored to different fitness levels, whether you're a beginner or more advanced, by adjusting the weight of the dumbbells and the intensity of the intervals. By the end of the course, you will experience improvements in strength, endurance, and body composition, making this an effective at-home fitness solution!

Medical Category's Courses

Course Lesson(17)

Lesson 1 :
At Home HIIT Dumbbell Workout in Under 30 Minutes Full Body Core Finisher Strength Circuits

Lesson 2 : **Total Body Weighted Strength Circuits With Endurance Building HIIT Bursts**

Lesson 3 :
2 Week Challenge Day 8 Lower Body Strength Workout Strength Training with HIIT Bursts

Lesson 4 : **2 Week Challenge Day 1 Lower Body Strength with HIIT Cardio with Low Impact Mods**

Lesson 5 :
All Standing Total Body Tabata Cardio Bodyweight Exercises to Boost Your Energy and Mood

Lesson 6 : **Lower Body HIIT and Strength Circuits With Tabata Glute and Core Finisher**

Lesson 7 : **Bored Easily HIIT Cardio and Abs No Equipment Routine with Isometrics Burnout**

Lesson 8 : **Bored Easily HIIT Athletic Drills and Speed**

Lesson 9 : **Full Body Strength and Cardio Workout Supersets with Low and High Impact Options**

Lesson 10 : **Fitness BlenderÂ 5 Day Challenge Day 3 Bodyweight Core and HIIT Cardio**

Lesson 11 : **Lower Body Strength With HIIT Finisher Weights with Cardio EMOMs**

Lesson 12 : **Upper Body Strength Supersets with Cardio Interval Burnouts**

Lesson 13 : **Quick Bodyweight HIIT with Active Recovery Intervals**

Lesson 14 : **Bodyweight Strength with HIIT Burnout Sets Total Body Workout in 30 Minutes**

Lesson 15 : **Kettlebell Lower Body HIIT for Strength and Power**

Lesson 16 : **Descending Intervals Bodyweight HIIT Circuits**

Lesson 17 : **Quick Lower Body Focused Bodyweight HIIT Circuits**

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