Mindluster Platform

About the course Lower body workout with dumbbells at Home

Lower body workout with dumbbells course, in this course we will learn about the Lower Body Workout with Dumbbells, a targeted fitness program designed to strengthen and tone the muscles of your legs, glutes, and lower body using dumbbells. This course focuses on building strength, improving muscle definition, and enhancing lower body endurance through a series of dumbbell exercises. By the end of this course, you will experience increased lower body power and muscle tone. Throughout the course, you will explore various exercises such as squats, lunges, deadlifts, and step-ups, all of which focus on key muscle groups like the quadriceps, hamstrings, calves, and glutes. Each session will teach you the correct form and techniques to prevent injury while maximizing the effectiveness of each movement. We will also cover the principles of progressive overload, showing you how to gradually increase your dumbbell weight and reps to keep challenging your muscles and building strength. This workout is suitable for all fitness levels, as it can be modified for beginners or advanced individuals by adjusting the dumbbell weights. By the end of this course, youâ€™ll have a strong, toned lower body and improved fitness levels, all from the comfort of your home.

Medical Category's Courses

Course Lesson(46)

Lesson 1 :
Lower Body Workout At Home with Dumbbells Build Strength Power EMOM Supersets Burnouts 41min

Lesson 2 :
Increase Leg Strength Test Core Stability w this At Home Dumbbell Workout Spicy Glute Finisher

Lesson 3 :
At Home HIIT Dumbbell Workout in Under 30 Minutes Full Body Core Finisher Strength Circuits

Lesson 4 : **Day 1 Slow Tempo Upper Body Strength Build Muscle w Time Under Tension**

Lesson 5 :
Decreasing Intervals Lower Body Strength Circuits Day 1 Build w Tasha 10 Day Challenge w BLOOPERS

Lesson 6 : **Total Body Weighted Strength Circuits With Endurance Building HIIT Bursts**

Lesson 7 : **3 Round Whole Body Burn Strength Intervals with a Cardio Bookend**

Lesson 8 : **Full Body Kettlebell Strength Quick and Effective Workout for Busy Schedules**

Lesson 9 :
2 Week Challenge Day 12 Core Workout with Active Recovery Stretches Targeted Bodyweight Circuits

Lesson 10 :
2 Week Challenge Day 11 Lower Body Strength Cardio Intervals Bored Easily Bodyweight Only

Lesson 11 :
2 Week Challenge Day 10 Upper Body Strength Workout Elevate Your Upper Body Strength

Lesson 12 :
2 Week Challenge Day 8 Lower Body Strength Workout Strength Training with HIIT Bursts

Lesson 13 :

2 Week Challenge Day 4 Total Body Strength Workout No Repeats Lower Body Upper Body and Core

Lesson 14 :
2 Week Challenge Day 2 Upper Body Strength and Core Workout Includes Modifications Progressions

Lesson 15 : **2 Week Challenge Day 1 Lower Body Strength with HIIT Cardio with Low Impact Mods**

Lesson 16 :
Slow Tempo No Repeat Upper Body Strength Controlled Time Under Tension to Build Muscle

Lesson 17 :
30 Minute Bodyweight Core Workout Strength Building Intervals to Prevent Low Back Pain

Lesson 18 : **Total Body AMRAP Strength Circuits with Core Intermissions**

Lesson 19 : **No Cardio Upper Body Strength Supersets Within Circuits**

Lesson 20 : **Total Body Strength and Cardio Workout 30 Min No Repeats**

Lesson 21 : **Bored Easily Upper Body Workout for Arms Shoulder and Back**

Lesson 22 : **Upper Body Push Pull Strength**

Lesson 23 : **Lower Body HIIT and Strength Circuits With Tabata Glute and Core Finisher**

Lesson 24 : **15 Minute Bored Easily Core Workout Bodyweight Add On or Finisher**

Lesson 25 :
No Equipment Total Body Strength Circuit Moderate Intensity Workout With Core Finisher

Lesson 26 : **Lower Body Pure Strength Supersets With Weights and Bodyweight Exercises**

Lesson 27 : **Full Body Strength and Cardio Workout Supersets with Low and High Impact Options**

Lesson 28 : **Quick Core Strength Circuits with Dynamic and Isometric Exercises**

Lesson 29 : **Fitness BlenderÂ 5 Day Challenge Day 5 Lower Body Strength Training**

Lesson 30 : **Fitness BlenderÂ 5 Day Challenge Day 4 Upper Body Compound Strength Sets**

Lesson 31 : **Fitness BlenderÂ 5 Day Challenge Day 3 Bodyweight Core and HIIT Cardio**

Lesson 32 : **Fitness BlenderÂ 5 Day Challenge Day 2 Upper Body Supersets with Cardio Bursts**

Lesson 33 :
Seated Lower Body Strength and Cardio Routine Chair Workout for Quads Hamstrings and Core

Lesson 34 : **Single Weight Upper Body Quick Strength Training Circuit**

Lesson 35 : **Lower Body Strength With HIIT Finisher Weights with Cardio EMOMs**

Lesson 36 : **Bored Easily Low Impact Cardio Core**

Lesson 37 : **Upper Body Strength Supersets with Cardio Interval Burnouts**

Lesson 38 : **Lower and Upper Body Mini Strength Complexes with Add On Style Core Finisher**

Lesson 39 : **Kettlebell Lower Body HIIT for Strength and Power**

Lesson 40 : **Pre and Postnatal Glutes Core and Pelvic Floor Workout**

Lesson 41 : **Upper Body Strength with Bonus Pulses for Stabilizing Muscle Activation**

Lesson 42 : **Strictly Strength Upper Body Circuits**

Lesson 43 : **Bodyweight Total Body Strength Circuits with Balance Work**

Lesson 44 : **Weighted Upper Body Strength Circuits with Bodyweight Intermissions**

Lesson 45 : **40 Minute Total Body Strength Workout with Core Burnout**

Lesson 46 : **Bodyweight Cardio Interval Kickboxing**

Related courses

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