Mindluster Platform

About the course Upper body workout for arms and shoulder

Upper body workout for arms course, in this course we will focus on strengthening and toning the arms through a variety of targeted upper body exercises. You will learn effective techniques to work the biceps, triceps, and shoulders, using both bodyweight exercises and simple equipment like dumbbells or resistance bands. The course covers essential exercises such as push-ups, tricep dips, bicep curls, and shoulder presses, with emphasis on proper form and technique to maximize results and prevent injury. This course is designed for all fitness levels, providing progressive workouts that can be adjusted to your current strength and endurance. As you progress, youâ€™ll notice increased muscle definition, enhanced arm strength, and improved upper body functionality. Whether youâ€™re looking to tone your arms, build strength, or improve your overall fitness, this course offers a comprehensive approach to upper body workouts with a special focus on arms.

Medical Category's Courses

Course Lesson(7)

Lesson 1 : **Bored Easily HIIT Cardio and Abs No Equipment Routine with Isometrics Burnout**

Lesson 2 : **Bored Easily Upper Body Workout for Arms Shoulder and Back**

Lesson 3 :
All Standing Total Body Tabata Cardio Bodyweight Exercises to Boost Your Energy and Mood

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

Lesson 5 :
2 Week Challenge Day 11 Lower Body Strength Cardio Intervals Bored Easily Bodyweight Only

Lesson 6 : **3 Round Whole Body Burn Strength Intervals with a Cardio Bookend**

Lesson 7 : **Dynamic Cardio Core Walking Workout All Standing with No Equipment**

Related courses

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Endocrine

General Embryology

for Business Contact
business@mindluster.com