Mindluster Platform

About the course Upper body strength workout at Home

Upper body strength workout course, in this course we will explore a comprehensive approach to building upper body strength, focusing on key muscle groups such as the chest, back, shoulders, and arms. Youâ€™ll learn how to perform exercises like push-ups, pull-ups, shoulder presses, and dumbbell rows, all designed to increase muscle mass and improve endurance. The course covers proper form and technique to ensure effective workouts while minimizing the risk of injury. We will also introduce progressive workout routines that cater to all fitness levels, helping you increase strength over time. Whether youâ€™re aiming to sculpt your upper body or enhance functional strength for everyday activities, this course will provide you with the tools and guidance you need. By the end of the course, youâ€™ll have a stronger, more toned upper body, improved posture, and greater physical capability in your day-to-day life.

Medical Category's Courses

Course Lesson(15)

Lesson 1 : **Beginner Total Body Workout Gentle Total Beginner Total Body Workout**

Lesson 2 : **37 Minute HIIT Cardio and Core Workout Total Body HIIT and Abs Workout**

Lesson 3 : **Quick Sweat Kettlebell and Jump Rope Workout Strength and Cardio Workout**

Lesson 4 : **Intense 10 Minute Abdominal Strength Workout At Home Functional Core Strength**

Lesson 5 : **Daniel s Favorite Back Rehab and Core Conditioning Workout**

Lesson 6 : **Upper Body Workout to Build Strength for Push Ups Chest and Upper Back Workout**

Lesson 7 :
Intense at Home HIIT Routine No Equipment HIIT Workout Video With Low Impact Modifications

Lesson 8 : **45 Minute Total Body Kettlebell Workout Fun and Tough Kettlebell Routine**

Lesson 9 : **Functional Upper Body Strength Workout Dynamic Irregular Strength Training**

Lesson 10 : **Lower Body Active Stretch Routine PNF Stretch Routine for the Lower Body**

Lesson 11 : **Active Upper Body Stretch Workout PNF Stretch Routine for the Upper Body**

Lesson 12 : **Lower Body Active Static Strength Workout Strength and Endurance Burnout**

Lesson 13 : **At Home Upper Body Strength Workout for People Who Get Bored Easily**

Lesson 14 : **At Home HIIT Workout Intense Calorie Burning HIIT Cardio Workout for Busy People**

Lesson 15 : **Brutal 30 Minute HIIT Cardio Workout at Home**

Related courses

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