Mindluster Platform

About the course Upper body compound strength sets

Upper body compound strength course, in this course we will focus on building upper body strength through compound exercises, which target multiple muscle groups simultaneously. Compound movements such as bench presses, push-ups, pull-ups, and overhead presses will be the foundation of this course, helping you develop strength in the chest, shoulders, back, and arms. You will learn how to properly execute these exercises with correct form to maximize muscle engagement and reduce the risk of injury. The course is designed to progressively increase the intensity, allowing you to continuously challenge your muscles and improve overall upper body power and endurance. Whether you're aiming to build muscle, increase strength, or enhance athletic performance, this course offers a comprehensive approach to developing a strong upper body. By the end, youâ€™ll have a better understanding of how to incorporate compound movements into your workout routine, and youâ€™ll notice improved upper body strength, muscle definition, and functional fitness.

Medical Category's Courses

Course Lesson(7)

Lesson 1 : **Fitness BlenderÂ 5 Day Challenge Day 4 Upper Body Compound Strength Sets**

Lesson 2 : **15 Minute Bored Easily Core Workout Bodyweight Add On or Finisher**

Lesson 3 : **Upper Body Push Pull Strength**

Lesson 4 :
Slow Tempo No Repeat Upper Body Strength Controlled Time Under Tension to Build Muscle

Lesson 5 :
2 Week Challenge Day 4 Total Body Strength Workout No Repeats Lower Body Upper Body and Core

Lesson 6 :
2 Week Challenge Day 10 Upper Body Strength Workout Elevate Your Upper Body Strength

Lesson 7 : **Day 1 Slow Tempo Upper Body Strength Build Muscle w Time Under Tension**

Related courses

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General Embryology

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