Mindluster Platform

About the course Upper body Push Pull strength workout

Upper body Push-Pull strength course, in this course we will explore the Upper Body Push-Pull Strength workout, a highly effective training method designed to build balanced upper body strength by focusing on both "push" and "pull" movements. The Push-Pull approach divides exercises into two categories: pushing movements like push-ups, chest presses, and overhead presses, which target the chest, shoulders, and triceps, and pulling movements like rows, pull-ups, and lat pull-downs, which work the back, biceps, and rear shoulders. Throughout the course, you will learn how to effectively execute these exercises with proper form and technique, ensuring maximum muscle engagement and reducing the risk of injury. We will guide you step-by-step through structured routines that alternate between pushing and pulling movements to ensure that all muscle groups in the upper body are targeted evenly. This approach not only builds strength but also enhances muscle endurance and improves posture by addressing muscle imbalances. Whether youâ€™re a beginner looking to build a solid foundation or an experienced lifter aiming to fine-tune your upper body training, this course is designed to accommodate all fitness levels. By the end of the course, youâ€™ll have a well-rounded upper body workout routine that you can incorporate into your fitness plan. Join us to develop a strong, balanced, and toned upper body with the Upper Body Push-Pull Strength course

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **Bored Easily Low Impact Cardio Core**

Lesson 2 : **Kickboxing Kettlebell and Core Bored Easily Combo Workout**

Lesson 3 : **Quick Core Strength Circuits with Dynamic and Isometric Exercises**

Lesson 4 :
No Equipment Total Body Strength Circuit Moderate Intensity Workout With Core Finisher

Lesson 5 : **15 Minute Bored Easily Core Workout Bodyweight Add On or Finisher**

Lesson 6 : **Bored Easily HIIT Athletic Drills and Speed**

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

Lesson 8 :
Full Body Mobility for Healthy Movement Bored Easily Format with Easy to follow Intervals

Lesson 9 : **Upper Body Push Pull Strength**

Lesson 10 : **Bored Easily Upper Body Workout for Arms Shoulder and Back**

Related courses

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