Mindluster Platform

About the course Full Body dumbbell workout at Home

Full-Body dumbbell workout course, in this course we will learn about a highly effective training routine designed to work every major muscle group using just a pair of dumbbells. This program is perfect for those who want to build strength, tone their body, and improve overall fitness at home or in the gym. Each session incorporates exercises targeting the upper body, lower body, and core, ensuring a comprehensive full-body workout. Throughout the course, youâ€™ll master fundamental movements such as dumbbell squats, lunges, presses, rows, and deadlifts. These exercises not only improve muscle strength but also help enhance balance, coordination, and endurance. We will also explore different workout structures, including supersets and circuits, to increase intensity and maximize fat burning. Whether youâ€™re a beginner or experienced in strength training, this course offers various progressions and modifications to suit your fitness level. By the end of this course, you'll have the knowledge and skills to perform a full-body dumbbell workout effectively, helping you build a stronger, leaner, and more resilient body.

Medical Category's Courses

Course Lesson(104)

Lesson 1 : **Just for Fun Behind the scenes of the next When I Say Jump HIIT Workout**

Lesson 2 : **The Real Reason why we do Voiceovers The Jog in Place Song Fitness Blender Outtakes**

Lesson 3 :
Announcing FB s New 4 Week Fat Loss Program for Busy People How to Win a Free Early Release Copy

Lesson 4 : **4 Week Fat Loss Program for Busy People is now Available**

Lesson 5 : **Funny Puppy Video Just for Fun Fitness Blender s Unofficial Mascot Loki**

Lesson 6 : **FitnessBlender com Preview 100 Free Full Length Workout Videos Online**

Lesson 7 : **Low Impact 4 Week Fat Loss Program for Beginners Now Available**

Lesson 8 :
Fitness Blender Before and After Pictures 2 Weight Loss Pictures Fitness Tranformations

Lesson 9 : **FB News The First Ever Fitness Blender Meet Up**

Lesson 10 : **FB News New 8 Week Fat Loss Program Round 4 Release Date Announced**

Lesson 11 :
Hey YouTube Announcing Your 2014 Surprises New Meal Plans Fat Loss Programs Food Journals More

Lesson 12 : **Brand New 8 Week Fat Loss Program 4 Week Meal Plan Now Available Happy New Year**

Lesson 13 : **Our First Partner Yoga Attempt Yoga Bloopers Fitness Blender Behind the Scenes**

Lesson 14 : **We Love Hearing Workout Complete Too Fitness Blender Behind the Scenes**

Lesson 15 :
Fitness Blender Before and After Pictures Round 3 Before and After Weight Loss Transformations

Lesson 16 :
New 8 Week Fat Loss Program for Busy People Now Available Fitness Blender News T Shirts

Lesson 17 : **Fitness Blender Before and After Round 4 Weight Loss Pictures Fitness Tranformations**

Lesson 18 : **Fitness Blender Flashback New Studio Sneak Peek Fitness Blender Turns 5**

Lesson 19 :
Building The New FB Studio The Workout Total Body Cardio Toning Time Lapse Workout

Lesson 20 :
Poppin Bottles Floating PDA New 8 Week Program Site Updates Stress Management Near Burnout

Lesson 21 :
Free YouTube 5 Day Workout Challenge Aug 18 New 8 Week Fat Loss Program Sept 2 Summer Break

Lesson 22 : **Loki Fitness Blender Do the ALS Ice Bucket Challenge Freezin For a Good Reason**

Lesson 23 : **New 8 Week Fat Loss Program Round 5 Just Went Live**

Lesson 24 : **Free 5 Day Workout Challenge Bloopers FB Behind the Scenes**

Lesson 25 :
Free 5 Day Challenge for Busy People 10 19 New 8 Week Program for Busy People Round 2

Lesson 26 : **Day 1 Check In Tips Q A with Kelli Daniel Next Worldwide Chat is 10 22**

Lesson 27 : **Day 3 Check In Worldwide Live Q A Chat Tips with Daniel and Kelli Happening Now**

Lesson 28 : **Day 5 Check In Workout Challenge Complete Links to Entire 5 Day Workout Challenge**

Lesson 29 : **8 Week Fat Loss Program for Busy People Now Available News FB Questions**

Lesson 30 : **2015 Website Update Details New Features Finally Revealed Your January Surprises**

Lesson 31 : **Happy New Year 20 New Workouts in January 7 New Programs Website Update News**

Lesson 32 :
Celebrating the New FitnessBlender Build Your Own Workout Calendar 7 Brand New Programs

Lesson 33 : **22 New Workouts Stress Burnout Health Taking a Break News A Ramble**

Lesson 34 :
We re Back Vacation New Maintenance Cross Training Program Taking Audience Requests

Lesson 35 : **New Fitness Blender s Booty Boot Camp 4 Week Butt Thigh Program**

Lesson 36 :
Limited Edition Fitness Blender T Shirts Long Sleeved Hoodies Now Available 2 Weeks Only

Lesson 37 : **Brand New 4 Week Core Program for Abs Obliques and Lower Back Now Available**

Lesson 38 : **Best Dumbbells for Home Workouts What Type of Dumbbells does Fitness Blender Use**

Lesson 39 : **FitnessBlender com Workout Complete 100 Free Full Length Workout Videos**

Lesson 40 : **Workout Complete FitnessBlender com Over 450 Free Workout Videos**

Lesson 41 : **Limited Edition FB Tees Tanks Hoodies Questions for Q A With Daniel Kelli**

Lesson 42 : **Fitness Blender Before After Pictures Fitness Blender Results Programs Used**

Lesson 43 : **FB s Birthday Thank You for 6 Years Bottle Poppin Summer Plans**

Lesson 44 : **Fitness Blender is Back New Workouts Coming September 14**

Lesson 45 : **New 8 Week Fat Loss Program Now Available FB30 Results In 30 Minutes a Day**

Lesson 46 :
My Motivation to Work Out The Real Reason I Eat Healthily Exercise How to Get Motivated

Lesson 47 : **Limited Edition FB Tees Tanks Hoodies Available for 6 Days Only FB Giving Back**

Lesson 48 : **36 Hours of Body Fluctuation Cheat Meal Before and After**

Lesson 49 :
Fitness Blender Before and After Changes After Weeks Months Years of Exercise Clean Eating

Lesson 50 :
FB January 2016 Surprises New 5 Day Challenge New 8 Week FBfit New 1000 Calorie Workout More

Lesson 51 :
Now Available New FBFit Round 2 8 Week Fat Loss Program Lose Weight Build Lean Muscle Tone Up

Lesson 52 : **Cardio Dieting VS Fitness Blender Clean Eating How Many Calories Does Kelli Eat**

Lesson 53 : **Fitness Blender Meet Up in Seattle This Friday New 4 Week FBbooty Coming 2 18**

Lesson 54 : **Fitness Blender Workout Meet and Greet Party in Seattle**

Lesson 55 : **Reason 138 to Work Out with Fitness Blender Balance**

Lesson 56 : **Brand New 4 Week FBbooty Now Available At Home Butt Thigh Program**

Lesson 57 : **Reason 326 to Work Out with Fitness Blender Strength**

Lesson 58 : **Reason 787 to Work Out with Fitness Blender Flexibility**

Lesson 59 : **LA Meet Up and New Upper Body Program Release**

Lesson 60 : **Reason 407 to Work Out with Fitness Blender Strength**

Lesson 61 : **Now Available FBflex 4 Week Upper Body Program for Arms Shoulder Chest Upper Back**

Lesson 62 : **Reason 918 to Work Out with Fitness Blender Calm**

Lesson 63 : **3 Million YouTube Subscribers**

Lesson 64 : **Day in the Life of Kelli Daniel Fitness Blender in LA Behind the Scenes**

Lesson 65 : **Kelli s Before and After Story How I Lost 40 lbs and Overcame My Eating Disorder**

Lesson 66 : **Meet Fitness Blender Gimmick Free Fitness for the People**

Lesson 67 : **Fitness Blender in New York Hotel Workout Vlog fitnessblender workoutcomplete**

Lesson 68 : **Fitness Blender Workout Complete Tees Tank Tops Hoodies 2 WEEKS ONLY**

Lesson 69 : **Fitness Blender s 7th Birthday Thank You for 7 Years**

Lesson 70 : **Fitness Blender Community gives back 2500 for charity**

Lesson 71 : **Brand NEW 8 Week FB30 Now Available 8 Week Program Q A Session**

Lesson 72 : **Getting Out Fitness Blender 360 Virtual Reality**

Lesson 73 : **The PNW FB 360 Drone VR Hike**

Lesson 74 : **The Great Outdoors 360 Drone Shoot Part 3 3**

Lesson 75 : **12Hr Cyber Monday Sale New Limited Ed FB Gear Blooper Reel 7k to Charity Feedback**

Lesson 76 : **How to Keep Fitness Effective Cheap Fun Tips to Get Fit for Good 2017 Sneak Peek**

Lesson 77 : **NEW FBSweat Burn Fat Build Muscle Tone 30 or 50 Minutes a Day YOU Choose**

Lesson 78 : **4 Week Workout Program for People Who Get Bored Easily now available**

Lesson 79 : **NEW 4 Week Meal Plan NEW 4 Week Bodyweight Workout Program Now Available**

Lesson 80 : **New 4 Week FB Burn Program just launched New workout tomorrow**

Lesson 81 : **We wanted to quit Website Update**

Lesson 82 : **Earn your Workout Complete NEW 4 Week FB Burn Round 2 Now Available**

Lesson 83 : **New 4 Week Workout Program FB Merch Bloopers with Loki**

Lesson 84 : **NEW 4 Week FB Abs Round 2 Now Available Early release workout site updates**

Lesson 85 : **FB Update Our story chronic pain self care moving forward**

Lesson 86 : **Workout Complete Performance Apparel Launch New Release News**

Lesson 87 : **New 4 Week 30 Minute Workout Program Now Available New Workouts Start Tomorrow**

Lesson 88 :
New customizable 4 Week Workout Program just launched Choose your workout length each day

Lesson 89 :
Checking in Future Plans Health Update Business Talk Workout Program PowerBlock Giveaways

Lesson 90 : **SALE on Workout Programs Meal Plans FB Plus Workout Complete Clothing**

Lesson 91 :
New Add Independent Workouts Third Party Workout Videos to FB Calendar FB Plus Feature

Lesson 92 : **We hit a billion views 2020 Plans 1st FB Plus workout now available Happy New Year**

Lesson 93 : **Marconi Union Weightless Official Video**

Lesson 94 : **30 off Workout Programs Meal Plans 1 Week Free Trial of FB Plus**

Lesson 95 :
SLEEPY SPECIAL â€œSoothing Goldâ€ 3Hz Delta Brain Waves Sleep Music Binaural Beats

Lesson 96 : **New 4 Week Program FB Complete 25 Off 1 Year FB Plus Gift Card**

Lesson 97 : **Now HIRING Join the Fitness Blender Team**

Lesson 98 : **New 4 Week FB Fit Workout Program Coming Sunday May 2**

Lesson 99 :
NEW Intense 4 Week FB Fit Program Round 3 Now Available Our most intense workout program

Lesson 100 : **New Trainer Coming Monday Sale Now Hiring Certified Personal Trainers**

Lesson 101 : **NEW 4 Week FB Strong Now Available K D Ramble**

Lesson 102 : **SALE 30 off 3 of our Most Popular Workout Programs**

Lesson 103 : **FB Plus Sale New 4 Week FB Fit30 New Meal Plan**

Lesson 104 : **Fitness Blender SALE Happening Now New Free 5 Day Challenge Coming Soon**

Related courses

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