Mindluster Platform

About the course Upper body workouts for fat burning

Upper body workouts course, in this course we will explore a variety of exercises designed to strengthen and sculpt the major muscle groups in your upper body, including your chest, back, shoulders, biceps, and triceps. This program is ideal for individuals of all fitness levels, whether youâ€™re looking to build muscle mass, increase strength, or enhance overall upper body endurance and definition. Throughout the course, youâ€™ll be introduced to key upper body exercises such as push-ups, pull-ups, bench presses, rows, shoulder presses, and bicep curls. These exercises will target specific muscles while also engaging your core for improved stability. Youâ€™ll learn how to perform these movements with proper form to maximize results and avoid injury. Weâ€™ll also focus on different training techniques, including supersets, drop sets, and tempo variations, to intensify your workouts and stimulate muscle growth. Additionally, the course covers how to structure your upper body training routine, balancing between strength-building exercises and hypertrophy for muscle definition. By the end of this course, youâ€™ll have the knowledge and skills to create effective upper body workouts, whether at home or in the gym, helping you achieve a stronger, more defined upper body that complements your overall fitness goals.

Medical Category's Courses

Course Lesson(117)

Lesson 1 :
Bodyweight Upper Body Workout At Home Upper Body Workout for Lean Muscles with No Equipment

Lesson 2 : **Toned Lean Arms Workout Rhomboids Shoulders Bicep Tricep and Chest Workout**

Lesson 3 : **Sweaty Fast Paced Upper Body Strength Cardio Training Workout**

Lesson 4 : **Tank Top Arms Workout Shoulders Arms Upper Back Workout**

Lesson 5 : **Bust Booster Chest Workout How to Lift Breasts Naturally with Breast Lift Exercises**

Lesson 6 : **Lean Strong Strength Training and Toning Workout for Fat Loss**

Lesson 7 : **Upper Back Arms and Chest Workout 23 Min Tabata Upper Body Workout**

Lesson 8 : **Upper Body 5x5x5 Pulse Workout by FitnessBlender com**

Lesson 9 : **Kettlebell HIIT Workout Fitness Blender HIIT Kettlebell Training**

Lesson 10 :
Fitness Blender s Beginner Kettlebell Workout Kell s Kettlebells Routine for Total Body Toning

Lesson 11 :
HIIT Workout for Fat Loss FitnessBlender com s At Home HIIT Workout Program for Weight Loss

Lesson 12 : **Low Impact Cardio Workout for Beginners Beginner Cardio Toning Workout Routine**

Lesson 13 : **HIIT Workout for Endurance and Strength Intense Home Cardio Workout**

Lesson 14 : **Rotator Cuff Workout Rotator Cuff Exercises for Injury Prevention**

Lesson 15 : **Upper Body Functional Strength Training Dumbbell Workout by FitnessBlender com**

Lesson 16 :
Toned Curvy Body Workout Dumbbell Exercises to Get Curves when you are Naturally Slender

Lesson 17 : **Advanced Kettlebell Workout Calorie Blasting Weight Loss Kettlebell Routine**

Lesson 18 : **Volleyball Workout Volleyball Exercises to Get a Body like a Volleyball Player**

Lesson 19 : **Upper Body Dumbbell Workout Weight Training with Dumbbells**

Lesson 20 : **Full Length KettleBell Workout Video Total Body Kettlebell Routine**

Lesson 21 : **Upper Body Mass Workout Killer Bodyweight Workout for Strength**

Lesson 22 : **Upper and Lower Back Workout At Home Back Exercises to Tone Strengthen**

Lesson 23 :
Total Body Slosh Pipe Workout by Fitness Blender Slosh Tube Exercises for Strength Toning

Lesson 24 : **Shoulder and Neck Exercises and Stretches Neck and Shoulder Stretching Routine**

Lesson 25 :
Kelli s Favorite Bodyweight Workout Total Body Toning Functional Strength Training Exercises

Lesson 26 : **Bicep Tricep Super Set Workout Resistance Band Exercises**

Lesson 27 : **Bodyweight Workout Routine Nonstop Total Body Workout**

Lesson 28 : **Brutal 35 Minute Bodyweight Workout Fitness Blender Functional Strength Training**

Lesson 29 :
20 Minute Home Upper Body Workout Routine Fitness Blender Workout to get Toned Arms

Lesson 30 : **Cannonball Shoulders Workout Deltoid Exercises to get Bigger Shoulders**

Lesson 31 :
Sexy Arms Workout At Home Resistance Band Workout for the Upper Body Exercise Band Training

Lesson 32 :
Home Upper Body Workout without Weights Bodyweight Upper Body Workout for Beginners

Lesson 33 : **Quick Chest and Back Workout Dumbbell Chest Workout at Home**

Lesson 34 :
20 Minute Total Body Strength and Cardio Workout Fitness Blender s Total Body Toning Workout

Lesson 35 : **Quick Arm And Shoulder Workout At Home Upper Body Workout with Dumbbells**

Lesson 36 :
Cardio and Upper Body Toning Workout Fitness Blender s No Equipment Cardio and Upper Body Workout

Lesson 37 :
Fitness Blender s 1000 Calorie Workout at Home HIIT Cardio Total Body Strength Training Stretch

Lesson 38 :
1000 Calorie Workout Video 84 Min HIIT Cardio Total Body Strength Training Abs Fitness Blender

Lesson 39 : **Biceps Burnout Dumbbell Bicep Workout and Cardio Training with Fitness Blender**

Lesson 40 :
Fast Effective Bodyweight Upper Body Workout Tone Upper Body at Home with Fitness Blender

Lesson 41 : **Upper Body Tabata Workout Intense 60 Minute Back Shoulders and Arms Workout**

Lesson 42 :
45 Minute HIIT Total body Toning Tabata Workout High Intensity Interval Training Workout

Lesson 43 : **Strength Training for Arms and Shoulders Strong Toned Arms Workout**

Lesson 44 :
40 Minute Fat Blasting Total Body Strength Training and Toning Workout with FitnessBlender com

Lesson 45 : **At Home Upper Body Workout Comprehensive Superset Upper Body Workout**

Lesson 46 : **1000 Calorie Workout Video 88 Min Abs HIIT Cardio Strength Training and Stretching**

Lesson 47 :
Tank Top Arms Round 2 Upper Back Arm and Shoulder Workout for a Strong Lean Upper Body

Lesson 48 : **Total Body Strength Training Bodyweight Cardio Intervals Sore Today Strong Tomorrow**

Lesson 49 : **Chest and Back Superset Workout At Home Dumbbell Workout for Strength and Size**

Lesson 50 : **Upper Body Strength and Cardio Workout 27 Minute Upper Body Superset Workout**

Lesson 51 :
1000 Calorie Workout HIIT Cardio Strength Kickboxing and Abs Workout to Burn 1000 Calories

Lesson 52 :
Kelli s Abs and Upper Body Strength Training Workout Chest Back Arms and Abs Superset Workout

Lesson 53 :
Upper Body Superset Workout with Fat Burning Cardio Intervals Arm Chest Back Shoulder Workout

Lesson 54 :
Kelli s Upper Body Workout for Arms Shoulders and Upper Back Upper Body Superset Workout

Lesson 55 : **Better Posture Workout Exercises to Improve Posture and Prevent Hunched Shoulders**

Lesson 56 : **No Equipment Upper Body Workout for Great Arms Shoulders and Upper Back**

Lesson 57 : **Killer at Home Chest Workout 10 Minute Chest Workout Without Weights**

Lesson 58 :
Total Body Toning Strength HIIT Cardio Workout Fat Burning Workout to Tone Up Fast You Vs You

Lesson 59 : **Upper Body Strength Training and Core Workout Abs and Upper Body Supersets**

Lesson 60 :
Calorie Blast Kettlebell Workout Video 20 Minute Upper Body Kettlebell Workout Routine

Lesson 61 :
Tank Top Arms Workout Best Upper Body Workout for Toned Arms Shoulders Upper Back

Lesson 62 : **Biceps and Triceps Superset Strength Workout Upper Body Strength Routine**

Lesson 63 : **Day 2 Fitness Blender s 5 Day Workout Challenge to Burn Fat Build Lean Muscle**

Lesson 64 :
Day 4 Kickboxing Yoga Workout 5 Day Workout Challenge to Burn Fat Build Lean Muscle

Lesson 65 : **44 Minute Cardio HIIT Total Body Strength Stretching and Abs Workout FB Blend**

Lesson 66 : **Fat Burning Tank Top Arms Workout Cardio Intervals Upper Body Strength Training**

Lesson 67 : **Bodyweight Only Upper Body Workout Killer Arms Shoulders and Upper Back Workout**

Lesson 68 : **Day 2 Free 5 Day Workout Challenge for Busy People Fat Burning Cardio Upper Body**

Lesson 69 : **Day 4 Free 5 Day Workout Challenge for Busy People Strength and Yoga Blend**

Lesson 70 : **Upper Body HIIT Workout The 4 Best Exercises for Strong Toned Arms**

Lesson 71 : **Upper Body Split Workout Back and Biceps Mass Building Workout Video**

Lesson 72 : **Upper Body Split Workout Chest and Triceps Mass Building Workout**

Lesson 73 : **Upper Body Split Workout Shoulders and Lats Mass Building Video**

Lesson 74 : **Strong Lean Toned Arms Chest and Shoulders Workout Lift Like you Mean It**

Lesson 75 : **Functional Upper Body Strength Weight Training for the Upper Body**

Lesson 76 : **Upper Body Strength Training At Home Upper Body Workout with Dumbbells**

Lesson 77 : **Shoulder Sculpting Workout with Kelli and Daniel Shoulder Workout for Strength**

Lesson 78 :
Upper Body Dumbbell Workout Challenging Upper Body Exercises for Strength Coordination

Lesson 79 : **At Home Upper Body Strength Workout Guaranteed Muscle Burnout**

Lesson 80 : **At Home Upper Body Workout for Toned Arms Shoulder Upper Back**

Lesson 81 :
Kelli s Upper Body Workout for People Who Get Bored Easily Arms Shoulders Upper Back

Lesson 82 : **Fitness Blender s 5 Day Challenge Strong and Lean Day 2**

Lesson 83 : **Fitness Blender s 5 Day Challenge Strong and Lean Day 4**

Lesson 84 :
1000 Calorie Workout Video At Home HIIT Cardio Strength and Abs Workout to Burn 1000 Calories

Lesson 85 : **At Home Abs and Upper Body Workout Bodyweight Only Upper Body and Core Workout**

Lesson 86 :
10 Minute No Equipment Upper Body Workout Complete Upper Body Workout Without Weights

Lesson 87 : **Upper Body Workout for Great Shoulders Arms Back Chest Shoulder Workout**

Lesson 88 : **No Equipment Upper Body Abs Workout At Home Upper Body Core**

Lesson 89 : **All Strength Upper Body Workout Upper Body Muscle Building Workout**

Lesson 90 : **Fun Upper Body Workout for Great Arms Shoulders Bored Easily**

Lesson 91 : **Intense HIIT Cardio Kickboxing and Upper Body Strength Workout**

Lesson 92 :
Intense No Equipment Upper Body Workout At Home Upper Body Strength Without Weights

Lesson 93 : **Upper Body Strength Cardio Interval Workout with Low Impact Mods**

Lesson 94 : **No Equipment Upper Body Workout with Cardio Kickboxing Intervals**

Lesson 95 : **Quick 10 Minute Upper Body Strength Workout Dumbbell Upper Body Workout**

Lesson 96 : **Best At Home Upper Body Strength Workout for Arms Shoulders Chest Back**

Lesson 97 : **No Equipment Upper Body and Cardio Workout with Warm Up and Cool Down**

Lesson 98 : **Get Strong Upper Body Workout for Arms Shoulders Chest Back Descending Reps**

Lesson 99 : **Smart Upper Body Workout for Toning Functional Strength and Coordination**

Lesson 100 : **HIIT Cardio and Upper Body Workout Intense Total Body Workout**

Lesson 101 : **Alternating Repetition Upper Body Workout for Strength Coordination and Control**

Lesson 102 : **Shoulders Back Chest and Arm Workout for Strong Toned Upper Body**

Lesson 103 : **43 Minute Upper Body and Cardio Kickboxing Workout with warm up cool down**

Lesson 104 :
Upper Body Workout for Strength Coordination and Control Isolated Functional Strength Workout

Lesson 105 : **10 Minute Upper Body Workout Upper Body Exercises for Toning and Strength**

Lesson 106 :
Upper Body and Abs Workout Compound Upper Body Workout for Strength and Coordination

Lesson 107 :
Lower Body HIIT Cardio and Upper Body Strength Workout Total Body Workout Combo

Lesson 108 :
My Favorite 10 Minute Upper Body Workout Fun Upper Body Exercises for Arms Shoulders Chest Back

Lesson 109 : **35 Minute Upper Body Strength Superset Workout**

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Lesson 111 :
Complete Upper Body Workout for Strength Toning Arms Shoulders Chest and Back Workout

Lesson 112 : **At Home Upper Body Strength Workout for People Who Get Bored Easily**

Lesson 113 : **Upper Body Workout to Build Strength for Push Ups Chest and Upper Back Workout**

Lesson 114 : **Upper Body Warm Up Warm Up Exercises for Upper Body Workouts**

Lesson 115 : **No Equipment Upper Body Strength Descending Ladder with Cardio Intervals**

Lesson 116 : **Upper Body Strength Supersets with Cardio Interval Burnouts**

Lesson 117 : **23 Minute Cardio Strength and Core Combo Quick Paced Total Body Combo Workout**

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