Mindluster Platform

About the course Running with dumbbells workouts

Running with dumbbells workouts course, in this course we will combine the benefits of running with the added resistance of dumbbells to maximize calorie burn, build strength, and enhance overall endurance. This course will teach you proper techniques for holding dumbbells while running to target upper body muscles like the shoulders, arms, and chest, while also improving cardiovascular fitness. Youâ€™ll learn exercises that integrate dumbbell swings, curls, and presses while running, allowing you to work multiple muscle groups at once. This low-impact, high-efficiency workout is perfect for those looking to boost both strength and cardio in a short amount of time. The course includes progressive workouts to suit all fitness levels, with recommendations on appropriate dumbbell weights and running techniques. By the end, youâ€™ll have a full-body workout routine that combines strength training and cardio for faster, more effective results. Start today to elevate your running routine and transform your fitness.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **MARATHON CHALLENGE DAY 5 Running In Place with Dumbbells 1300 Calories**

Lesson 2 : **MARATHON CHALLENGE DAY 4 Walking and Running In Place Burn 1200 Calories**

Lesson 3 : **Marathon Challenge Day 3 2 Hour Running In Place for Rapid Weight Loss 17 000 Steps**

Lesson 4 :
MARATHON CHALLENGE DAY 2 2 HOUR Walking and Running Workout for Fast Belly Fat Loss

Lesson 5 :
MARATHON CHALLENGE DAY 1 2 Hour Walking In Place Workout for Weight Loss and Endurance

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