Mindluster Platform

About the course Upper body exercises at home

Upper body exercises course, in this course youâ€™ll discover the most effective upper body exercises to build strength, muscle tone, and endurance. The Upper Body Exercises Course focuses on key muscle groups, including your chest, shoulders, back, arms, and core. You'll learn a variety of exercises using bodyweight, dumbbells, and resistance bands, tailored to all fitness levels. Whether youâ€™re a beginner or more advanced, the course will guide you on proper form, technique, and progression to prevent injury and achieve the best results. Weâ€™ll also explore how to create a balanced upper body workout routine, targeting each muscle group efficiently. Along the way, you'll receive tips on how to increase the intensity as you get stronger, ensuring consistent progress. By the end of the course, you will have the tools to develop a comprehensive upper body strength program, designed to improve your muscle definition, posture, and overall fitness. This course empowers you to achieve your upper body goals, whether at home or in the gym.

Medical Category's Courses

Course Lesson(4)

Lesson 1 : **Week 2 Bonus Burn Upper Body Workout Walk at Home**

Lesson 2 : **Week 3 Bonus Burn Tummy Trimmer Walk Walk at Home**

Lesson 3 : **Core on the Floor Walk at Home Fitness Videos**

Lesson 4 : **Walk and Tone with Nadyia Walk at Home Fitness Videos**

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