Mindluster Platform

About the course Upper body HIIT with dumbbells at home

Upper body HIIT with dumbbells course, in this course you'll learn how to combine High-Intensity Interval Training (HIIT) with targeted dumbbell exercises to strengthen and tone your upper body while maximizing fat burn and cardiovascular health. The Upper Body HIIT with Dumbbells Course focuses on explosive, short bursts of upper body exercises, such as shoulder presses, chest presses, bicep curls, and rows, followed by brief rest intervals. This format helps you build muscle while keeping your heart rate elevated for maximum calorie burn. Weâ€™ll guide you through proper form and technique for each dumbbell exercise, ensuring that you engage the right muscles and avoid injury. The course is designed to work all the major upper body muscles, including the shoulders, chest, back, and arms, while also incorporating core engagement for a full-body effect. Whether youâ€™re a beginner or more advanced, this course provides variations and progressions to suit your fitness level. By the end of the course, youâ€™ll have a complete upper body HIIT workout plan using dumbbells that can be done at home or at the gym, helping you build strength, tone muscles, and improve endurance, all in an efficient and time-saving format.

Medical Category's Courses

Course Lesson(23)

Lesson 1 : **Do This Warm Up Before Your Workouts Quick Full Body Warm Up Routine**

Lesson 2 : **DO THIS Workout To Lose Weight 30 Min Full Body Cardio HIIT Workout**

Lesson 3 : **INTENSE LOWER BODY HIIT WORKOUT 30 Min Legs And Booty No Equipment No Repeat**

Lesson 4 : **30 MIN ARMS ABS WORKOUT Upper Body HIIT With Dumbbells No Repeats**

Lesson 5 : **CARDIO ABS WORKOUT 30 Min Ab Workout For A Flat Belly**

Lesson 6 : **30 MIN CARDIO KICKBOXING Fun Sweaty Fat Burning Workout**

Lesson 7 : **Full Body HIIT Workout For Fat Loss 30 Minutes No Equipment**

Lesson 8 : **15 MIN FULL BODY STRETCH COOL DOWN ROUTINE Do This After Your Workouts And Rest Days**

Lesson 9 : **HIIT Workout For Fat Burn Cardio 30 Min Full Body No Equipment No Repeat**

Lesson 10 : **30 MIN BOOTY WORKOUT With Resistance Band To Grow Your Glutes Intense**

Lesson 11 : **Upper Body Workout 30 Min Toning Strength No Repeat**

Lesson 12 : **ABS CARDIO HIIT WORKOUT 30 Min Ab Workout To Burn Belly Fat No Equipment No Repeat**

Lesson 13 : **Fat Burning Cardio Kickboxing Workout 30 Min Full Body Cardio No Equipment**

Lesson 14 : **30 Min Intense Full Body HIIT Workout For Fat Burn Cardio No Equipment No Repeat**

Lesson 15 : **Do This 15 MIN FULL BODY STRETCH COOL DOWN ROUTINE After Your Workout**

Lesson 16 : **DO THIS Workout To Lose Weight 30 Min Full Body HIIT Workout At Home**

Lesson 17 : **LOWER BODY HIIT WORKOUT 30 Min Toned Legs And Butt**

Lesson 18 : **Upper Body Core Workout 30 Min Toning At Home**

Lesson 19 :
ABS CARDIO HIIT WORKOUT 30 Min Ab Workout For A Flat Stomach No Equipment No Repeat

Lesson 20 :
Cardio Kickboxing Workout 30 Min Fat Burning Cardio Full Body No Equipment No Repeat

Lesson 21 : **30 Min HIIT For Fat Loss Full Body Cardio Workout At Home No Repeats**

Lesson 22 : **15 Min Full Body Stretch Cool Down Routine**

Lesson 23 : **5 MIN FULL BODY STRETCH COOL DOWN Do This After Every Workout**

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