Mindluster Platform

About the course Upper body workouts with weights at home

Upper body workouts with weights course, in this course you'll dive into a variety of effective exercises designed to build strength, tone muscles, and improve endurance in your upper body using weights. The Upper Body Workouts with Weights Course focuses on strengthening key muscle groups, including the chest, shoulders, back, biceps, and triceps. Youâ€™ll learn how to perform essential exercises such as chest presses, shoulder presses, bicep curls, tricep extensions, and rows, all using dumbbells or other weighted equipment. Throughout the course, weâ€™ll guide you on proper form and technique to ensure you're engaging the right muscles and preventing injury. Youâ€™ll also explore how to gradually increase weight and intensity to challenge your muscles, boost muscle growth, and enhance overall strength. This course is designed for all fitness levels, offering modifications for beginners and progressions for advanced participants. By the end of the course, you'll have a comprehensive upper body workout plan that can be done at home or in the gym. Whether you're aiming to tone your arms, strengthen your back, or build overall upper body strength, this course provides the tools and knowledge to help you achieve your fitness goals while using weights to maximize results.

Medical Category's Courses

Course Lesson(13)

Lesson 1 : **30 Min Full Upper Body Workout Tone and Build Strength With Dumbbells At Home**

Lesson 2 : **10 MIN UPPER BODY CORE Workout Back Chest Shoulders Arms Abs**

Lesson 3 : **30 MIN UPPER BODY WORKOUT With Dumbbells Arms Abs Chest Back**

Lesson 4 : **30 Min Killer Upper Body Dumbbell Workout for Toned Arms Chest and Back**

Lesson 5 : **30 Min Upper Body Workout With Weights Tone Build Strength**

Lesson 6 : **20 MIN TONED ARMS WORKOUT No Equipment**

Lesson 7 : **Do This 15 Minute Arm Workout To Get Slimmer Arms In 10 Days No Equipment**

Lesson 8 : **Upper Body Core Workout 30 Min Toning At Home**

Lesson 9 :
Full Body Workout With Dumbells For Strength Cardio 30 Min HIIT Workout With Weights

Lesson 10 :
10 Min Upper Body HIIT Workout For Strength Cardio Back Arms Chest No Equipment At home

Lesson 11 : **Upper Body Core Workout 30 Min Toning At Home**

Lesson 12 : **Upper Body Workout 30 Min Toning Strength No Repeat**

Lesson 13 : **20 MIN TONED ARMS ABS Workout Upper Body HIIT No Equipment No Repeats**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com