Mindluster Platform

About the course Bold upper body workout with dumbbells

Bold upper body workout course, in this course we will dive into the essentials of the Bold Upper Body Workout, focusing on building strength and endurance in key muscle groups like the chest, shoulders, arms, and back. Youâ€™ll learn how to perform exercises such as push-ups, bench presses, shoulder presses, and bicep curls with proper form to prevent injury and maximize results. This course covers techniques for both bodyweight exercises and dumbbell workouts, ensuring you have a versatile routine whether at home or the gym. Weâ€™ll also explore ways to progressively increase intensity and track your progress. Whether youâ€™re a beginner or looking to enhance your upper body strength, this course equips you with practical tools and routines to achieve bold, noticeable results.

Medical Category's Courses

Course Lesson(50)

Lesson 1 : **PROPER Leg Day Workout with Dumbbells EPIC Endgame Day 1**

Lesson 2 : **BOLD Upper Body Workout with Dumbbells EPIC Endgame Day 2**

Lesson 3 : **ONLY THE GLUTES Workout with Dumbbells EPIC Endgame Day 3**

Lesson 4 : **REVOLVE Dumbbell Full Body Circuits Workout EPIC Endgame Day 4**

Lesson 5 : **COSMIC Cardio Complex Workout No Equipment EPIC Endgame Day 5**

Lesson 6 : **TORCHED Triceps Chest Workout Dumbbells EPIC Endgame Day 6**

Lesson 7 : **LIFTED Lower Body Workout Dumbbell Leg Day EPIC Endgame Day 7**

Lesson 8 : **BRAWNY Back and Biceps Workout Abs Core EPIC Endgame Day 8**

Lesson 9 : **FLUID Full Body Workout with Dumbbells EPIC Endgame Day 9**

Lesson 10 : **TITAN Tabata HIIT Workout Bodyweight EPIC Endgame Day 10**

Lesson 11 : **CALVES INCLUDED Lower Body Workout Legs EPIC Endgame Day 11**

Lesson 12 : **UPLIFTED Upper Body Dumbbell Workout EPIC Endgame Day 12**

Lesson 13 : **HELLO Hamstrings Glutes Dumbbell Workout EPIC Endgame Day 13**

Lesson 14 : **FULL ON Full Body Dumbbell Workout EPIC Endgame Day 14**

Lesson 15 : **CRAZY CARDIO Full Body Workout No Equipment EPIC Endgame Day 15**

Lesson 16 : **STRUCTURED Shoulder Workout with Dumbbells EPIC Endgame Day 16**

Lesson 17 : **BALANCED Lower Body Workout Dumbbells Bodyweight EPIC Endgame Day 17**

Lesson 18 : **PUMPED UP Arms Core Workout Dumbbells EPIC Endgame Day 18**

Lesson 19 : **PRE EXHAUST Dumbbell Full Body Workout EPIC Endgame Day 19**

Lesson 20 : **DOMINANT Dumbbell Full Body HIIT Workout EPIC Endgame Day 20**

Lesson 21 : **QUALITY Quads Calves Dumbbell Leg Workout EPIC Endgame Day 21**

Lesson 22 : **PUSH THEN PULL Dumbbell Upper Body Workout EPIC Endgame Day 22**

Lesson 23 : **GAINFUL Glutes and Core Workout Dumbbells EPIC Endgame Day 23**

Lesson 24 : **CALCULATED Dumbbell Full Body Workout EPIC Endgame Day 24**

Lesson 25 : **KNOCKOUT HIIT Cardio Full Body Workout EPIC Endgame Day 25**

Lesson 26 : **KILLER Chest and Tricep Workout with Dumbbells EPIC Endgame Day 26**

Lesson 27 : **FIREWALKER Lower Body Workout Leg Day EPIC Endgame Day 27**

Lesson 28 : **BOSSED Back Biceps and Abs Workout EPIC Endgame Day 28**

Lesson 29 : **FORTIFIED Full Body Workout Strength Cardio EPIC Endgame Day 29**

Lesson 30 : **SUPERSET SENSATION Full Body Cardio Workout EPIC Endgame Day 30**

Lesson 31 : **SUCCESSIVE Circuits Dumbbell Leg Workout EPIC Endgame Day 31**

Lesson 32 : **DISRUPTED Dumbbell Upper Body Workout EPIC Endgame Day 32**

Lesson 33 : **FUSED Glutes Core Workout Giant Circuits EPIC Endgame Day 33**

Lesson 34 : **PEAKED Full Body Workout Pyramid Training EPIC Endgame Day 34**

Lesson 35 : **TAKE CHARGE Tabata HIIT Workout Bodyweight EPIC Endgame Day 35**

Lesson 36 : **SHOULDERS OF STEEL Dumbbell Shoulder Workout EPIC Endgame Day 36**

Lesson 37 : **NEXT LEVEL Lower Body Workout with Dumbbells EPIC Endgame Day 37**

Lesson 38 : **AMAZING Arms and Abs Workout with Dumbbells EPIC Endgame Day 38**

Lesson 39 : **CALM COLLECTED Calisthenics Full Body Workout EPIC Endgame Day 39**

Lesson 40 : **DISTINCT Dumbbell HIIT Workout Full Body EPIC Endgame Day 40**

Lesson 41 : **QUINTESSENTIAL Quads and Calves Workout EPIC Endgame Day 41**

Lesson 42 : **EFFECTUAL Upper Body Workout with Dumbbells EPIC Endgame Day 42**

Lesson 43 : **GROWING Glutes and Hamstrings Workout EPIC Endgame Day 43**

Lesson 44 : **THE FLOW Full Body Workout with Dumbbells EPIC Endgame Day 44**

Lesson 45 : **EUPHORIC EMOM HIIT Workout Advanced EPIC Endgame Day 45**

Lesson 46 : **UNBREAKABLE Upper Body Workout Shoulders Chest Triceps EPIC Endgame Day 46**

Lesson 47 : **BIG TIME Bulgarian Lunges Leg Day Workout EPIC Endgame Day 47**

Lesson 48 : **PERFECT Push Ups and Abs Workout Bodyweight EPIC Endgame Day 48**

Lesson 49 : **SUPERSET Full Body Workout with Dumbbells EPIC Endgame Day 49**

Lesson 50 : **The EPIC Endgame Finale Strength and Cardio Workout Day 50**

Related courses

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