Mindluster Platform

About the course Giant upper body dumbbell workout

Giant upper body dumbbell course, in this course we will explore advanced techniques to develop a powerful upper body using dumbbells. You'll learn how to target key muscle groups, including the chest, shoulders, back, biceps, and triceps, through dynamic exercises such as dumbbell presses, rows, flys, curls, and lateral raises. The course focuses on mastering proper form, ensuring safe execution, and building endurance through progressive overload techniques. Whether youâ€™re training at home or in the gym, weâ€™ll provide scalable routines suitable for all fitness levels. You'll also learn how to combine compound and isolation exercises to maximize gains. With personalized workout plans, intensity variations, and recovery tips, this course equips you with the knowledge and tools to achieve bold upper body strength and definition using only dumbbells.

Medical Category's Courses

Course Lesson(31)

Lesson 1 : **Introducing The FUEL Series 6 Weeks 30 Workouts FREE**

Lesson 2 : **FUEL Series 30 Min GIANT LEG DAY Workout Dumbbells Day 1**

Lesson 3 : **FUEL Series 30 Min UPPER BODY CIRCUITS Cluster Sets Workout Day 2**

Lesson 4 : **FUEL Series 30 Min GLUTES HAMSTRINGS Supersets Workout Day 3**

Lesson 5 : **FUEL Series 30 Min Full Body Workout PHA Training Day 4**

Lesson 6 : **FUEL Series 30 Min DUMBBELL CARDIO Workout Giant Sets Day 5**

Lesson 7 : **FUEL Series 30 Min QUAD FOCUSED Leg Workout Day 6**

Lesson 8 : **FUEL Series 30 Min UPPER BODY COMPLEX Workout Day 7**

Lesson 9 : **FUEL Series 30 Min POSTERIOR CHAIN Circuits Workout Day 8**

Lesson 10 : **FUEL Series 30 Min Full on Full Body Circuits Workout Day 9**

Lesson 11 : **FUEL Series 30 Min HARD N HIGHER Intensity Workout Day 10**

Lesson 12 : **FUEL Series 30 Min LEGS CLUSTER SETS Workout Day 11**

Lesson 13 : **FUEL Series 30 Min ANTAGONIST UPPER BODY Workout Day 12**

Lesson 14 : **FUEL Series 30 Min GLUTE HAMSTRING COMPLEX Workout Day 13**

Lesson 15 : **FUEL Series 30 Min Dumbbell FULL BODY TEMPO Workout Day 14**

Lesson 16 : **FUEL Series 30 Min DYNAMITE Dumbbells Burpees HIIT Workout Day 15**

Lesson 17 : **FUEL Series 30 Min SUPERSET QUADS Workout Dumbbells Day 16**

Lesson 18 : **FUEL Series 30 Min GIANT Upper Body Dumbbell Workout Day 17**

Lesson 19 : **FUEL Series 30 Min GLUTES HAMSTRING CIRCUITS Workout Day 18**

Lesson 20 : **FUEL Series 30 Min Dumbbell Cardio Full Body Workout Day 19**

Lesson 21 : **FUEL Series 30 Min MEGA BODYWEIGHT HIIT Workout Day 20**

Lesson 22 : **FUEL Series 30 Min Dumbbell LEG DAY CIRCUITS Workout Day 21**

Lesson 23 : **FUEL Series 30 Min Cluster Sets Upper Body Workout Day 22**

Lesson 24 : **FUEL Series 30 Min Glutes Hamstrings Tempo Workout Day 23**

Lesson 25 : **FUEL Series 30 Min Full Body DUMBBELL HIIT CARDIO Workout Day 25**

Lesson 26 : **FUEL Series 30 Min Dumbbell LEG DAY COMPLEX Workout Day 26**

Lesson 27 : **FUEL Series 30 Min Dumbbell Full Body CORE Workout Day 24**

Lesson 28 : **FUEL Series 30 Min TEMPO Shoulders Chest Triceps Workout Day 27**

Lesson 29 : **FUEL Series 30 Min POSTERIOR CHAIN CLUSTERS Workout Day 28**

Lesson 30 : **FUEL Series 30 Min NO REPEAT Full Body Workout Day 29**

Lesson 31 : **FUEL Series Finale 30 Min NO REPEAT Dumbbell HIIT Workout Day 30**

Related courses

Infection Control

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General Embryology

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