Mindluster Platform

About the course Shoulder workout with dumbbells at home

Shoulder workout with dumbbells course, in this course weâ€™ll focus on developing shoulder strength, endurance, and mobility using dumbbells. Youâ€™ll learn essential exercises such as shoulder presses, lateral raises, front raises, and reverse flys to effectively target all three deltoid heads (anterior, lateral, and posterior). This course emphasizes proper form and alignment to prevent injuries and maximize results. Weâ€™ll also explore progressive overload techniques to steadily increase intensity, helping you build stronger and more defined shoulders. The course is designed for all fitness levels, with modifications for beginners and advanced variations for experienced lifters. In addition, youâ€™ll receive tips on recovery, warm-up routines, and integrating shoulder workouts into your overall fitness plan. Whether you're aiming for increased strength, better posture, or improved athletic performance, this course will provide the tools and knowledge you need to achieve your shoulder goals using dumbbells.

Medical Category's Courses

Course Lesson(24)

Lesson 1 : **20 Minute Shoulder Workout with Dumbbells Caroline Girvan**

Lesson 2 : **20 Minute Abs and Core Workout Dumbbells Bodyweight Caroline Girvan**

Lesson 3 : **20 Minute Full Body Complexes and Sets Workout Dumbbells**

Lesson 4 : **20 Minute Glute Workout Complexes Hip Thrusts RDLs Sumos**

Lesson 5 : **20 minute Cardio Workout Full Body Sweaty Complexes No Equipment**

Lesson 6 : **20 Minute Superset Back Workout with Dumbbells Caroline Girvan**

Lesson 7 : **20 Minute Dumbbell Leg Workout at Home Squats RDLs Caroline Girvan**

Lesson 8 : **20 Minute Arms and Shoulders Workout with Dumbbells Caroline Girvan**

Lesson 9 : **15 Minute Tucked Abs Workout Bodyweight Only Caroline Girvan**

Lesson 10 : **20 Minute Dumbbell Full Body Workout No Repeat Caroline Girvan**

Lesson 11 : **15 Minute TARGETED Glute Workout Dumbbells Caroline Girvan**

Lesson 12 : **20 Minute SWEATY Dumbbell Cardio Workout Full Body at Home**

Lesson 13 : **Lots of Lunges 20 Minute Leg Workout Dumbbells Bodyweight**

Lesson 14 : **20 Minute Dumbbell Upper Body Circuit Workout Caroline Girvan**

Lesson 15 : **20 Minute Bodyweight Leg Workout Calisthenics Giant Sets**

Lesson 16 : **12 Minute 4x4 Abs Workout at Home No Equipment Caroline Girvan**

Lesson 17 : **12 Minute Dumbbell Deadbug AB WORKOUT at Home Caroline Girvan**

Lesson 18 : **20 Minute Dumbbell Full Body Workout Strength Cardio**

Lesson 19 : **20 Minute Glute Workout with Ankle Weights Optional KNEE FRIENDLY**

Lesson 20 : **20 Minute HOT HIIT Full Body Workout at Home No Equipment**

Lesson 21 : **20 Minute HARD Upper Body Workout with Dumbbells Caroline Girvan**

Lesson 22 : **20 Minute Dumbbell Lower Body Circuits Workout Caroline Girvan**

Lesson 23 : **20 Minute Tricep Workout with Dumbbells NO Push Ups Upper Body**

Lesson 24 : **20 Minute Christmas Strength Cardio Workout Caroline Girvan**

Related courses

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for Business Contact
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