Mindluster Platform

About the course Hamstring workouts with dumbbells

Hamstring workouts course, in this course weâ€™ll focus on exercises designed to strengthen, tone, and improve the hamstrings. Youâ€™ll learn effective movements such as Romanian deadlifts, hamstring curls, glute bridges, and Nordic curls, each aimed at engaging the muscles properly to prevent injury and enhance performance. The course covers both bodyweight exercises and routines using dumbbells, resistance bands, or gym equipment to suit different fitness levels and environments. Weâ€™ll also explore mobility drills and flexibility routines to promote muscle recovery and prevent tightness or strains. Additionally, youâ€™ll receive guidance on progressive overload techniques to increase intensity safely over time. Whether you are training for athletic performance, injury prevention, or muscle endurance, this course equips you with practical routines to develop stronger, more resilient hamstrings and improve your overall lower body strength and stability.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **PYRAMID LEG DAY Dumbbell Leg Workout Pyramid Series Day 1**

Lesson 2 : **PYRAMID SHOULDERS ARMS WORKOUT Hypertrophy Pyramid Series Day 2**

Lesson 3 : **GLUTES HAMSTRING WORKOUT Lower Body Pyramid Series Day 3**

Lesson 4 : **PYRAMID FULL BODY WORKOUT Dumbbells Pyramid Series Day 4**

Lesson 5 : **PYRAMID HIIT WORKOUT Full Body with Dumbbells Pyramid Series Day 5**

Related courses

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Male Reproductive

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Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com