Mindluster Platform

About the course Upper body workout with dumbbells at home

Upper body workout with dumbbells course, in this course we will learn about effective exercises for building strength and sculpting the upper body using dumbbells. This comprehensive workout program focuses on targeting key muscle groups, including the chest, shoulders, biceps, triceps, and back. With step-by-step guidance, participants will explore various techniques, such as presses, rows, curls, and raises, to improve muscle tone and endurance. The course also emphasizes proper form, warm-ups, and cool-downs to prevent injury. Whether youâ€™re a beginner or an experienced athlete, this course provides adaptable routines to match your fitness level, helping you achieve noticeable upper body results with consistent practice.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **LEG DAY WORKOUT with Dumbbells Strong Legs Circuit Series Day 1**

Lesson 2 : **UPPER BODY WORKOUT with Dumbbells Muscle Building Circuit Series Day 2**

Lesson 3 : **GLUTE WORKOUT with Dumbbells Glutes Isolation Circuit Series Day 3**

Lesson 4 : **1 HOUR FULL BODY WORKOUT with Dumbbells Strength Cardio Circuit Series Day 4**

Lesson 5 : **SWEAT FULL BODY HIIT WORKOUT with Dumbbells Circuit Series Day 5**

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