Mindluster Platform

About the course Dumbbell Leg workouts at home

Dumbbell Leg workouts course, in this course we will learn about effective leg exercises using dumbbells to build strength, improve muscle tone, and enhance endurance. The program targets major lower-body muscles, including the quadriceps, hamstrings, glutes, and calves. Participants will explore exercises such as goblet squats, walking lunges, Romanian deadlifts, calf raises, and step-ups, all designed to engage multiple muscle groups for balanced leg development. This course emphasizes correct form and technique to prevent injury and optimize results. Whether you're a beginner or advanced, routines can be adapted to your fitness level. Warm-ups, cool-downs, and recovery strategies are also covered to enhance flexibility and performance, helping you achieve powerful, toned legs.

Medical Category's Courses

Course Lesson(51)

Lesson 1 : **9 Min Full Body Warm Up Routine Caroline Girvan EPIC Heat**

Lesson 2 : **Uncomplicated Complexes LEG DAY Workout EPIC Heat Day 1**

Lesson 3 : **SUPERior Shoulders Workout Dumbbells EPIC Heat Day 2**

Lesson 4 : **DEPLETED Lower Body Workout Leg Day EPIC Heat Day 3**

Lesson 5 : **Full Body FUSE Workout EPIC Heat Day 4**

Lesson 6 : **BURPEE BONANZA HIIT Workout No Equipment EPIC Heat Day 5**

Lesson 7 : **CHARGED 30 Min Chest and Triceps Workout EPIC Heat Day 6**

Lesson 8 : **FLAMING LEGS Leg Day Workout EPIC Heat Day 7**

Lesson 9 : **FRAMEWORK 30 Min Back and Bicep Workout EPIC Heat Day 8**

Lesson 10 : **CONDITIONED Calisthenics Full Body Workout EPIC Heat Day 9**

Lesson 11 : **DISCIPLINED Dumbbell HIIT Workout Full Body EPIC Heat Day 10**

Lesson 12 : **AWAKENED GLUTES Hamstrings Workout Glute Band EPIC Heat Day 11**

Lesson 13 : **OPPOSING Upper Body Workout Dumbbells EPIC Heat Day 12**

Lesson 14 : **ISO PLYO COMBO Advanced Lower Body Workout EPIC Heat Day 13**

Lesson 15 : **UNFORGIVING Full Body Workout with Dumbbells EPIC Heat Day 14**

Lesson 16 : **SEQUENCED HIIT Full Body Workout with Low Impact Modifications EPIC Heat Day 15**

Lesson 17 : **TANGIBLE Triceps and Delts Workout Strength EPIC Heat Day 16**

Lesson 18 : **EFFECTIVE Leg Day Collective Compound Leg Workout EPIC Heat Day 17**

Lesson 19 : **DIAMOND Chest Core Workout Advanced EPIC Heat Day 18**

Lesson 20 : **FORCEFUL Full Body Workout Triset Drop Sets EPIC Heat Day 19**

Lesson 21 : **30 Min TOTAL Tabata Full Body HIIT Workout EPIC Heat Day 20**

Lesson 22 : **GALVANISED Glute Workout Band Optional EPIC Heat Day 21**

Lesson 23 : **UNITE Upper Body Workout Supersets EPIC Heat Day 22**

Lesson 24 : **PARADOX Leg Day Workout Compound Exercises EPIC Heat Day 23**

Lesson 25 : **BEASTMODE Complex Full Body Workout EPIC Heat Day 24**

Lesson 26 : **ELECTRIFYING EMOM Full Body HIIT Workout EPIC Heat Day 25**

Lesson 27 : **HIGH CALIBRE Hamstrings Back Glutes Workout EPIC Heat Day 26**

Lesson 28 : **IRONCLAD Calves Quads Dumbbell Leg Workout EPIC Heat Day 27**

Lesson 29 : **30 Min LEGIT Lats and Tricep Workout with Dumbbells EPIC Heat Day 28**

Lesson 30 : **STRENGTH SWEAT Full Body Workout Circuits EPIC Heat Day 29**

Lesson 31 : **HIGH POWERED HIIT Superset Full Body Workout EPIC Heat Day 30**

Lesson 32 : **TORCHED Lower Body Workout Legs Glutes EPIC Heat Day 31**

Lesson 33 : **GIANT KILLER Upper Body Workout Arms Chest Back Shoulders EPIC Heat Day 32**

Lesson 34 : **DROP IT LOW Leg Day Compound Leg Workout EPIC Heat Day 33**

Lesson 35 : **FEROCIOUS Full Body Workout Pyramid Timed Training EPIC Heat Day 34**

Lesson 36 : **NOTORIOUS No Repeat Full Body HIIT Workout No Equipment No Jumping Options EPIC Heat Day 35**

Lesson 37 : **PUMPED 30 Min Shoulder Workout with Dumbbells EPIC Heat Day 36**

Lesson 38 : **UNREPEATED 30 MIN Leg Workout No Repeat EPIC Heat Day 37**

Lesson 39 : **ANNIHILATION Arm Workout 30 Min Biceps Triceps EPIC Heat Day 38**

Lesson 40 : **COLOSSAL Full Body Workout Strength Cardio EPIC Heat Day 39**

Lesson 41 : **30 MIN TURBO TABATA Workout Full Body HIIT No Equipment EPIC Heat Day 40**

Lesson 42 : **GIRVANATED Glutes Workout Giant Sets Hip Thrusts EPIC Heat Day 41**

Lesson 43 : **MAXIMAL Chest and Tricep Workout Upper Body EPIC Heat Day 42**

Lesson 44 : **INTENSIVE Quads and Calves Workout LEG DAY EPIC Heat Day 43**

Lesson 45 : **FEEL THE HEAT No Repeat Full Body Workout CARDIO EPIC Heat Day 44**

Lesson 46 : **DYNAMITE Dumbbell HIIT Workout Full Body EPIC Heat Day 45**

Lesson 47 : **UNSTOPPABLE Upper Body Workout Arms Shoulders Back EPIC Heat Day 46**

Lesson 48 : **SUPREME Superset Leg Workout with Dumbbells EPIC Heat Day 47**

Lesson 49 : **POWERFUL Push Up Workout Upper Body No Equipment EPIC Heat Day 48**

Lesson 50 : **NO FEAR Full Body Workout with Dumbbells Complexes EPIC Heat Day 49**

Lesson 51 : **The Endgame EMOM Full Body HIIT Workout EPIC Heat Finale Day 50**

Related courses

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