Mindluster Platform

About the course Dumbbell Full body workout at gym

Dumbbell Full body workout course, in this course we will learn about effective exercises using dumbbells to engage all major muscle groups for a balanced full-body workout. The program targets the upper body, core, and lower body through movements like squats, lunges, presses, rows, and deadlifts. We will explore how to combine strength and endurance training to improve muscle tone, boost metabolism, and enhance overall fitness. Proper form will be emphasized to prevent injuries and maximize results. This course is suitable for all fitness levels, offering scalable routines to meet individual needs. Warm-ups, cool-downs, and recovery tips will also be covered to support flexibility and consistent progress, helping participants achieve a stronger, fitter body with dumbbells.

Medical Category's Courses

Course Lesson(7)

Lesson 1 : **5 Min Full Body Warm Up with Caroline Girvan**

Lesson 2 : **DAY 1 of Beginner EPIC No Equipment Lower Body Workout**

Lesson 3 : **DAY 2 of Beginner EPIC No Equipment Upper Body Workout**

Lesson 4 : **Day 3 of Beginner EPIC No Equipment Ab Core Workout**

Lesson 5 : **Day 4 of Beginner EPIC 30 Min Dumbbell Full Body Workout**

Lesson 6 : **5 Min HIIT Warm Up Caroline Girvan**

Lesson 7 : **Day 5 of Beginner EPIC Full Body HIIT Workout**

Related courses

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