Mindluster Platform

About the course Back and biceps workout at home

Back and biceps workout course, in this course we will learn about effective exercises to strengthen and sculpt the back and biceps. The program focuses on compound and isolation movements to enhance muscle tone, build strength, and improve endurance. Key exercises include pull-ups, rows, lat pulldowns, bicep curls, and hammer curls, targeting the lats, traps, and biceps for a well-rounded upper-body workout. Participants will explore proper form and techniques to prevent injuries and maximize gains. With routines adaptable for all fitness levels, this course offers progression tips to ensure continuous improvement. Warm-ups, cool-downs, and recovery strategies will also be covered, promoting flexibility and muscle recovery for sustainable results.

Medical Category's Courses

Course Lesson(52)

Lesson 1 : **Cardio HIIT WARM UP by Caroline Girvan Follow Along**

Lesson 2 : **10 Min Full Body WARM UP with Caroline Girvan Low Impact**

Lesson 3 : **40 Min HIIT Low Intensity Cardio No Equipment No Repeat EPIC II DAY 1**

Lesson 4 : **50 Min Compound Leg Workout Dumbbells Bodyweight EPIC II DAY 2**

Lesson 5 : **45 Min Upper Body Workout Dumbbells Bodyweight EPIC II DAY 3**

Lesson 6 : **Cardio Dumbbell Full Body Workout Core Focus EPIC II DAY 4**

Lesson 7 : **The SLOW BURN 1 Hour Full Body Workout EPIC II DAY 5**

Lesson 8 : **INTENSE Full Body HIIT Workout with Weights EPIC II Day 6**

Lesson 9 : **45 Min Shoulders and Triceps Workout with Dumbbells EPIC II Day 7**

Lesson 10 : **UNILATERAL Leg Day 45 Min Lower Body Workout EPIC II Day 8**

Lesson 11 : **BUILD Back and Biceps Workout at Home Dumbbells EPIC II Day 9**

Lesson 12 : **POWERFUL Full Body workout with Dumbbells EPIC II Day 10**

Lesson 13 : **30 Min HARD HIIT Full Body Workout at Home EPIC II Day 11**

Lesson 14 : **Hamstring GLUTE Isolation Workout Dumbbells EPIC II Day 12**

Lesson 15 : **45 Min COMPLETE Chest Triceps Workout Dumbbells EPIC II Day 13**

Lesson 16 : **45 Min Lower Abs Quads on FIRE Workout EPIC II Day 14**

Lesson 17 : **FUN Full Body Strength Cardio Circuits Workout EPIC II Day 15**

Lesson 18 : **30 Min SUPERset HIIT Workout No Equipment EPIC II Day 16**

Lesson 19 : **45 Min ARM DAY Workout with Dumbbells EPIC II Day 17**

Lesson 20 : **Dumbbell LEG DAY Workout PYRAMID Sets EPIC II Day 18**

Lesson 21 : **45 Min STRONG Shoulder Workout with Dumbbells EPIC II Day 19**

Lesson 22 : **CALISTHENICS 1 Hour Full Body Workout No Equipment EPIC II Day 20**

Lesson 23 : **30 Min SWIFT HIIT Workout No Equipment No Jumping EPIC II Day 21**

Lesson 24 : **Dumbbell Lower Body COMPLEX Workout Leg Day EPIC II Day 22**

Lesson 25 : **IT S ROW TIME 45 Min Back Workout with Dumbbells EPIC II Day 23**

Lesson 26 : **INTENSE Hamstrings and Core Focus Workout EPIC II Day 24**

Lesson 27 : **1 Hour Dumbbell Full Body CARDIO Complex Workout EPIC II Day 25**

Lesson 28 : **30 Min BLAZING CARDIO HIIT Workout Dumbbells EPIC II Day 26**

Lesson 29 : **FOCUSED Front Delts ABS Workout SHOULDERS EPIC II Day 27**

Lesson 30 : **SQUATS FOR THE GLUTES Workout Dumbbells Legs EPIC II Day 28**

Lesson 31 : **THE PUMP WORKOUT Upper Body Complexes EPIC II Day 29**

Lesson 32 : **1 Hour Full Body TEMPO TRAINING Isometric Workout EPIC II Day 30**

Lesson 33 : **RED HOT HIIT Workout Full Body No Equipment EPIC II Day 31**

Lesson 34 : **Lower Body Workout Calves Hamstrings Glutes Quads EPIC II Day 32**

Lesson 35 : **HARDcore chest workout Trisets Dumbbells EPIC II Day 33**

Lesson 36 : **Squat and Press NO LESS Full Body Workout EPIC II Day 34**

Lesson 37 : **KINETIC Calisthenics Full Body Workout No Equipment EPIC II Day 35**

Lesson 38 : **THE DROP HIIT Cardio Full Body Workout EPIC II Day 36**

Lesson 39 : **LOADED Glute Hamstring Back Workout Posterior Chain EPIC II Day 37**

Lesson 40 : **TOUGH Tempo Training Leg Day Workout EPIC II Day 38**

Lesson 41 : **DEAD ARMS Shoulder Workout Upper Body EPIC II Day 39**

Lesson 42 : **FULL THROTTLE Full Body Dumbbell Workout Cardio EPIC II Day 40**

Lesson 43 : **TITANIC Tabata HIIT Workout No Equipment EPIC II DAY 41**

Lesson 44 : **SWEATY Circuits Dumbbells Bodyweight Full Body Workout EPIC II Day 42**

Lesson 45 : **PROactive PUSH UP Workout EPIC II Day 43**

Lesson 46 : **GREAT Glutes Abs Workout Hip Thrusts EPIC II Day 44**

Lesson 47 : **FEARLESS Full Body Dumbbell Workout Complex EPIC II Day 45**

Lesson 48 : **EPIC EMOM Full Body HIIT Workout No Equipment EPIC II Day 46**

Lesson 49 : **DEFINED Delts Calf Workout Dumbbells EPIC II Day 47**

Lesson 50 : **LEGENDARY Leg Workout No Frills Leg Day EPIC II Day 48**

Lesson 51 : **ELEVATED Calisthenics Workout Full Body EPIC II Day 49**

Lesson 52 : **THE FINALE Full Body Workout EPIC II Day 50**

Related courses

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for Business Contact
business@mindluster.com