Mindluster Platform

About the course Full body workout with dumbbells at Home

Full body workout with dumbbells course, in this course we will explore effective full-body workouts using dumbbells to build strength, improve endurance, and enhance muscle tone. Whether you're a beginner or experienced, you'll learn essential techniques to target major muscle groups, including the chest, back, shoulders, legs, and core. The course covers various exercises such as squats, presses, rows, and curls, with proper form and progression tips to prevent injury and maximize results. Weâ€™ll also explore how to adjust weight and reps based on personal fitness goals. Join us to master dynamic dumbbell workouts that boost performance and can be done at home or in the gym.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **50 Min Compound Leg Workout Dumbbells Bodyweight EPIC II DAY 2**

Lesson 2 : **45 Min Upper Body Workout Dumbbells Bodyweight EPIC II DAY 3**

Lesson 3 : **Hamstring GLUTE Isolation Workout Dumbbells EPIC II Day 12**

Lesson 4 : **POWERFUL Full Body workout with Dumbbells EPIC II Day 10**

Lesson 5 : **30 Min SUPERset HIIT Workout No Equipment EPIC II Day 16**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com