Mindluster Platform

About the course Dumbbell back and biceps workout

Dumbbell back and biceps course, in this course we will focus on strengthening the back and biceps muscles using dumbbells. Youâ€™ll learn essential exercises like bent-over rows, single-arm rows, bicep curls, hammer curls, and reverse flys. These movements target key muscles in the upper body, improving strength, posture, and endurance. The course emphasizes proper form and weight progression to prevent injury and maximize muscle growth. Whether youâ€™re aiming to enhance athletic performance, build muscle, or simply improve upper-body fitness, this course offers variations for all levels. Join us to master effective dumbbell workouts that will help you build a strong back and toned arms.

Medical Category's Courses

Course Lesson(19)

Lesson 1 : **IRON Series 30 Min Back Biceps Workout Rows Curls 10**

Lesson 2 : **BOSSED Back Biceps and Abs Workout EPIC Endgame Day 28**

Lesson 3 : **BRAWNY Back and Biceps Workout Abs Core EPIC Endgame Day 8**

Lesson 4 : **20 Minute Superset Back Workout with Dumbbells Caroline Girvan**

Lesson 5 : **BIGGER Back and Bicep Workout Unilateral Training EPIC III Day 38**

Lesson 6 : **MUSCLE BUILDING Back and Bicep Workout EPIC III Day 26**

Lesson 7 : **FUNDAMENTAL Back Biceps and Core Workout Dumbbells EPIC III Day 6**

Lesson 8 : **TEMPO BACK AND BICEPS Workout Dumbbells Tempo Week Day 3**

Lesson 9 : **BEASTMODE BACK AND BICEPS Intense Upper Body Workout Day 6**

Lesson 10 : **BICEP BLOW UP Biceps Workout at Home with Dumbbells No Repeat**

Lesson 11 : **FRAMEWORK 30 Min Back and Bicep Workout EPIC Heat Day 8**

Lesson 12 : **IT S ROW TIME 45 Min Back Workout with Dumbbells EPIC II Day 23**

Lesson 13 : **BUILD Back and Biceps Workout at Home Dumbbells EPIC II Day 9**

Lesson 14 : **45 Min Upper Body Workout Dumbbells Bodyweight EPIC II DAY 3**

Lesson 15 : **Day 36 of EPIC BACK WORKOUT BICEP WORKOUT with Dumbbells**

Lesson 16 : **Day 16 of EPIC 40 Min Dumbbell Back and Bicep Workout at Home**

Lesson 17 : **20 Min BICEP WORKOUT with DUMBBELLS at Home Caroline Girvan**

Lesson 18 : **20 Minute Dumbbell Back and Biceps Workout at Home**

Lesson 19 : **BACK WORKOUT AT HOME Dumbbells Only**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

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