Mindluster Platform

About the course Dumbbell Abs and Core workout at home

Dumbbell Abs and Core workout course, in this course we will focus on strengthening your core and abdominal muscles using dumbbells. Youâ€™ll learn essential exercises like dumbbell Russian twists, weighted sit-ups, planks with rows, and dumbbell side bends that target key areas such as the rectus abdominis, obliques, and transverse abdominis. The course emphasizes proper form and technique to ensure effectiveness while preventing injuries. We will also discuss the importance of core stability for overall fitness and athletic performance. Suitable for all fitness levels, these workouts can be performed at home or in the gym, allowing for flexibility in your training routine. Join us to master practical dumbbell exercises that will help you develop a strong core and defined abs, enhancing your overall strength and stability.

Medical Category's Courses

Course Lesson(13)

Lesson 1 : **12 Minute Dumbbell Deadbug AB WORKOUT at Home Caroline Girvan**

Lesson 2 : **20 Minute Abs and Core Workout Dumbbells Bodyweight Caroline Girvan**

Lesson 3 : **ALL ARMS ABS Workout Bodyweight Dumbbells EPIC III Day 18**

Lesson 4 : **10 MIN WEIGHTED ABS Dumbbell Ab Workout Caroline Girvan**

Lesson 5 : **15 Min ENGAGING ABS Core Workout Dumbbells Bodyweight**

Lesson 6 : **GREAT Glutes Abs Workout Hip Thrusts EPIC II Day 44**

Lesson 7 : **HARDcore chest workout Trisets Dumbbells EPIC II Day 33**

Lesson 8 : **FOCUSED Front Delts ABS Workout SHOULDERS EPIC II Day 27**

Lesson 9 : **10 MIN STRONG ABS CORE WORKOUT with Dumbbell Caroline Girvan**

Lesson 10 : **15 Min STANDING ABS WORKOUT Arms Core with Dumbbells**

Lesson 11 : **8 Min ABS WORKOUT with Dumbbells at Home AMRAP Routine**

Lesson 12 : **15 Min DUMBBELL ABS WORKOUT at Home Follow Along No Repeat**

Lesson 13 : **Dumbbell Ab Workout at Home 8 Minutes Follow Along**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology



for Business Contact
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