Mindluster Platform

About the course Dumbbell full body cardio workout

Dumbbell full body cardio course, in this course we will combine the benefits of cardiovascular training with strength exercises using dumbbells to enhance your overall fitness. Youâ€™ll learn dynamic movements like dumbbell swings, thrusters, squat presses, and renegade rows that elevate your heart rate while building muscle strength and endurance. The course emphasizes proper form and technique to maximize effectiveness and prevent injuries. With a mix of high-intensity intervals and strength training, these workouts are designed to burn calories, improve cardiovascular health, and boost metabolism. Suitable for all fitness levels, you can perform these exercises at home or in the gym, making it easy to fit into your routine. Join us to master energizing dumbbell workouts that will challenge your body and enhance your overall fitness while having fun.

Medical Category's Courses

Course Lesson(44)

Lesson 1 : **1 HOUR FULL BODY WORKOUT with Dumbbells Strength Cardio Circuit Series Day 4**

Lesson 2 : **1 HOUR FULL BODY WORKOUT at Home Dumbbells Bodyweight Complex Series Day 4**

Lesson 3 : **FEARLESS Full Body Dumbbell Workout Complex EPIC II Day 45**

Lesson 4 : **FULL THROTTLE Full Body Dumbbell Workout Cardio EPIC II Day 40**

Lesson 5 : **KINETIC Calisthenics Full Body Workout No Equipment EPIC II Day 35**

Lesson 6 : **1 Hour Full Body TEMPO TRAINING Isometric Workout EPIC II Day 30**

Lesson 7 : **1 Hour Dumbbell Full Body CARDIO Complex Workout EPIC II Day 25**

Lesson 8 : **CALISTHENICS 1 Hour Full Body Workout No Equipment EPIC II Day 20**

Lesson 9 : **FUN Full Body Strength Cardio Circuits Workout EPIC II Day 15**

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

Lesson 11 : **The SLOW BURN 1 Hour Full Body Workout EPIC II DAY 5**

Lesson 12 : **1 HOUR FULL BODY WORKOUT at Home NO EQUIPMENT Calisthenics**

Lesson 13 : **Day 50 of EPIC Full Body HARDCORE HIIT WORKOUT Part III FINALE**

Lesson 14 : **Day 44 of EPIC PURE GRIT Full Body Dumbbell Workout ADVANCED COMPLEX**

Lesson 15 : **Day 39 of EPIC NO JUMPING Full Body Workout with Dumbbells Trisets**

Lesson 16 : **Day 34 of EPIC 1 Hour FULL BODY WORKOUT with Dumbbells Bodyweight**

Lesson 17 : **Day 29 of EPIC ISOMETRIC DYNAMIC Dumbbell Full Body Workout**

Lesson 18 : **Day 24 of EPIC Full Body Dumbbell Workout NO JUMPING SUPERSET**

Lesson 19 : **Day 19 of EPIC Full Body Workout 1 Hour Dumbbell Complex**

Lesson 20 : **Day 14 of EPIC Full Body Workout at Home with Dumbbells Superset**

Lesson 21 : **Day 9 of EPIC Full Body Workout with Dumbbells 1 hour No Repeat**

Lesson 22 : **DAY 4 of EPIC 1 Hour Dumbbell Full Body Workout Core Focus**

Lesson 23 : **1 Hour FULL BODY DUMBBELL WORKOUT at Home Caroline Girvan**

Lesson 24 : **1 Hour FULL BODY WORKOUT at Home No Equipment No Jumping**

Lesson 25 : **1 Hour FULL BODY WORKOUT No Equipment No Jumping at Home**

Lesson 26 : **HARDCORE HIIT PART II Full Body Workout at Home 1 HOUR**

Lesson 27 : **1 HOUR INTENSE FULL BODY WORKOUT Low Impact No Equipment**

Lesson 28 : **1 Hour FULL BODY WORKOUT at Home No Repeat and Low Impact**

Lesson 29 : **1 Hour LOW IMPACT FULL BODY WORKOUT at Home Bodyweight Only**

Lesson 30 : **1 Hour DUMBBELL FULL BODY WORKOUT at Home No Jumping**

Lesson 31 : **1 Hour FULL BODY WORKOUT at Home Low Impact No Jumping**

Lesson 32 : **1 Hour FULL BODY WORKOUT at Home No Jumping No Equipment No Repeat**

Lesson 33 : **1 Hour FULL BODY WORKOUT Strong Lean Series Day 5**

Lesson 34 : **1 Hour HARDCORE FULL BODY HIIT WORKOUT at Home No Equipment**

Lesson 35 : **1 Hour ISOMETRIC DYNAMIC FULL BODY WORKOUT Caroline Girvan**

Lesson 36 : **1 Hour DUMBBELL FULL BODY WORKOUT at Home Caroline Girvan**

Lesson 37 : **1 Hour FULL BODY WORKOUT at Home No Jumping**

Lesson 38 : **1 Hour STRENGTH STRETCH WORKOUT at Home Day Five of Five**

Lesson 39 : **1 Hour ISOMETRIC FULL BODY WORKOUT at Home Day Four of Five**

Lesson 40 : **1 Hour GLUTES LOWER ABS WORKOUT at Home Day Three of Five**

Lesson 41 : **1 Hour UPPER BODY UPPER ABS WORKOUT at Home Day Two of Five**

Lesson 42 : **1 Hour QUADS AND CORE WORKOUT at Home Day One of Five**

Lesson 43 : **1 Hour FULL BODY WORKOUT at Home No Equipment No Jumping**

Lesson 44 : **1 Hour Full Body Workout at Home Calisthenics NO EQUIPMENT NO JUMPING**

Related courses

Infection Control

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