Mindluster Platform

About the course Dumbbell upper body workout at home

Dumbbell upper body workout course, in this course we will focus on strengthening and toning the upper body using dumbbells. Youâ€™ll learn essential exercises like dumbbell bench presses, shoulder presses, bent-over rows, bicep curls, and tricep extensions. These movements target key muscle groups, including the chest, shoulders, back, and arms, helping you build strength, enhance definition, and improve overall upper body performance. The course emphasizes proper form and technique to maximize results while minimizing the risk of injury. Whether youâ€™re a beginner or more experienced, this course provides variations to suit all fitness levels. You can perform these workouts at home or in the gym, allowing for flexibility in your training routine. Join us to master effective dumbbell exercises that will elevate your upper body strength and enhance your overall fitness.

Medical Category's Courses

Course Lesson(116)

Lesson 1 : **FUEL Series 30 Min TEMPO Shoulders Chest Triceps Workout Day 27**

Lesson 2 : **FUEL Series 30 Min Cluster Sets Upper Body Workout Day 22**

Lesson 3 : **FUEL Series 30 Min GIANT Upper Body Dumbbell Workout Day 17**

Lesson 4 : **FUEL Series 30 Min ANTAGONIST UPPER BODY Workout Day 12**

Lesson 5 : **FUEL Series 30 Min UPPER BODY CIRCUITS Cluster Sets Workout Day 2**

Lesson 6 : **IRON Series 30 Min Upper Body Workout Antagonist Sets 27**

Lesson 7 : **IRON Series 30 Min Superset Dumbbell Shoulder Workout 25**

Lesson 8 : **IRON Series 30 Min Upper Body Chest and Back Workout 22**

Lesson 9 : **IRON Series 30 Min Superset Arms Abs and Core Workout 20**

Lesson 10 : **IRON Series 30 Min Complete Upper Body Workout 17**

Lesson 11 : **IRON Series 30 Min Shoulder Workout Compound Isolation 15**

Lesson 12 : **IRON Series 30 Min Upper Body Chest and Triceps Workout 12**

Lesson 13 : **IRON Series 30 Min Back Biceps Workout Rows Curls 10**

Lesson 14 : **IRON Series 30 Min Shoulders Triceps Workout Dumbbells 7**

Lesson 15 : **IRON Series 30 Min Arms and Abs Workout Biceps Triceps 5**

Lesson 16 : **IRON Series 30 Min Upper Body Workout Shoulders Back Chest 2**

Lesson 17 : **UNBREAKABLE Upper Body Workout Shoulders Chest Triceps EPIC Endgame Day 46**

Lesson 18 : **EFFECTUAL Upper Body Workout with Dumbbells EPIC Endgame Day 42**

Lesson 19 : **AMAZING Arms and Abs Workout with Dumbbells EPIC Endgame Day 38**

Lesson 20 : **SHOULDERS OF STEEL Dumbbell Shoulder Workout EPIC Endgame Day 36**

Lesson 21 : **DISRUPTED Dumbbell Upper Body Workout EPIC Endgame Day 32**

Lesson 22 : **BOSSED Back Biceps and Abs Workout EPIC Endgame Day 28**

Lesson 23 : **KILLER Chest and Tricep Workout with Dumbbells EPIC Endgame Day 26**

Lesson 24 : **PUSH THEN PULL Dumbbell Upper Body Workout EPIC Endgame Day 22**

Lesson 25 : **PUMPED UP Arms Core Workout Dumbbells EPIC Endgame Day 18**

Lesson 26 : **STRUCTURED Shoulder Workout with Dumbbells EPIC Endgame Day 16**

Lesson 27 : **UPLIFTED Upper Body Dumbbell Workout EPIC Endgame Day 12**

Lesson 28 : **BRAWNY Back and Biceps Workout Abs Core EPIC Endgame Day 8**

Lesson 29 : **TORCHED Triceps Chest Workout Dumbbells EPIC Endgame Day 6**

Lesson 30 : **BOLD Upper Body Workout with Dumbbells EPIC Endgame Day 2**

Lesson 31 : **20 Minute Tricep Workout with Dumbbells NO Push Ups Upper Body**

Lesson 32 : **20 Minute HARD Upper Body Workout with Dumbbells Caroline Girvan**

Lesson 33 : **20 Minute Dumbbell Upper Body Circuit Workout Caroline Girvan**

Lesson 34 : **20 Minute Arms and Shoulders Workout with Dumbbells Caroline Girvan**

Lesson 35 : **20 Minute Superset Back Workout with Dumbbells Caroline Girvan**

Lesson 36 : **20 Minute Shoulder Workout with Dumbbells Caroline Girvan**

Lesson 37 : **GIANT Sets Upper Body Workout with Dumbbells CORE EPIC III Day 48**

Lesson 38 : **DISRUPT Full Upper Body Workout Tempo Training EPIC III Day 42**

Lesson 39 : **BIGGER Back and Bicep Workout Unilateral Training EPIC III Day 38**

Lesson 40 : **SERIOUS SUPERSETS Chest Tricep Workout Upper Body EPIC III Day 36**

Lesson 41 : **SUPER INTENSE Shoulder Arm Supersets Workout EPIC III Day 32**

Lesson 42 : **DIAMOND Chest Triceps and Abs Workout Upper Body EPIC III Day 28**

Lesson 43 : **MUSCLE BUILDING Back and Bicep Workout EPIC III Day 26**

Lesson 44 : **ENDURING Upper Body Workout Complex Training EPIC III Day 22**

Lesson 45 : **ALL ARMS ABS Workout Bodyweight Dumbbells EPIC III Day 18**

Lesson 46 : **SUREFIRE Shoulders Unilateral Workout Dumbbell Delts EPIC III Day 16**

Lesson 47 : **UNSTOPPABLE UPPER BODY Dumbbell Complexes EPIC III Day 12**

Lesson 48 : **UPPER BODY DESTROYER Workout Shoulders Chest Triceps EPIC III Day 8**

Lesson 49 : **FUNDAMENTAL Back Biceps and Core Workout Dumbbells EPIC III Day 6**

Lesson 50 : **EPIC UPPER BODY WORKOUT Powerful Push Pull EPIC III Day 2**

Lesson 51 : **500 REP Shoulder Challenge Shoulders Workout Pure Endure Day 2**

Lesson 52 : **TEMPO BACK AND BICEPS Workout Dumbbells Tempo Week Day 3**

Lesson 53 : **SHOULDERS CHEST TRICEPS Workout Dumbbells Tempo Week Day 1**

Lesson 54 : **PYRAMID SHOULDERS ARMS WORKOUT Hypertrophy Pyramid Series Day 2**

Lesson 55 : **BEASTMODE CHEST AND TRICEP WORKOUT Intense Upper Body Day 8**

Lesson 56 : **BEASTMODE BACK AND BICEPS Intense Upper Body Workout Day 6**

Lesson 57 : **BEASTMODE SHOULDERS AND ARMS Intense Upper Body Workout Day 2**

Lesson 58 : **BICEP BLOW UP Biceps Workout at Home with Dumbbells No Repeat**

Lesson 59 : **15 MIN TRICEP WORKOUT with Dumbbells No Repeat Caroline Girvan**

Lesson 60 : **20 MIN CHEST AND SHOULDERS WORKOUT with Dumbbells No Repeat**

Lesson 61 : **UPPER BODY WORKOUT with Dumbbells Muscle Building Circuit Series Day 2**

Lesson 62 : **45 Minute Unilateral Shoulders Arms Workout at Home Caroline Girvan**

Lesson 63 : **40 MINUTE UPPER BODY WORKOUT Arms Shoulders Chest Back Complex Series Day 2**

Lesson 64 : **UNSTOPPABLE Upper Body Workout Arms Shoulders Back EPIC Heat Day 46**

Lesson 65 : **MAXIMAL Chest and Tricep Workout Upper Body EPIC Heat Day 42**

Lesson 66 : **ANNIHILATION Arm Workout 30 Min Biceps Triceps EPIC Heat Day 38**

Lesson 67 : **PUMPED 30 Min Shoulder Workout with Dumbbells EPIC Heat Day 36**

Lesson 68 : **GIANT KILLER Upper Body Workout Arms Chest Back Shoulders EPIC Heat Day 32**

Lesson 69 : **30 Min LEGIT Lats and Tricep Workout with Dumbbells EPIC Heat Day 28**

Lesson 70 : **UNITE Upper Body Workout Supersets EPIC Heat Day 22**

Lesson 71 : **DIAMOND Chest Core Workout Advanced EPIC Heat Day 18**

Lesson 72 : **TANGIBLE Triceps and Delts Workout Strength EPIC Heat Day 16**

Lesson 73 : **OPPOSING Upper Body Workout Dumbbells EPIC Heat Day 12**

Lesson 74 : **FRAMEWORK 30 Min Back and Bicep Workout EPIC Heat Day 8**

Lesson 75 : **CHARGED 30 Min Chest and Triceps Workout EPIC Heat Day 6**

Lesson 76 : **SUPERior Shoulders Workout Dumbbells EPIC Heat Day 2**

Lesson 77 : **DEAD ARMS Shoulder Workout Upper Body EPIC II Day 39**

Lesson 78 : **HARDcore chest workout Trisets Dumbbells EPIC II Day 33**

Lesson 79 : **THE PUMP WORKOUT Upper Body Complexes EPIC II Day 29**

Lesson 80 : **IT S ROW TIME 45 Min Back Workout with Dumbbells EPIC II Day 23**

Lesson 81 : **45 Min STRONG Shoulder Workout with Dumbbells EPIC II Day 19**

Lesson 82 : **45 Min COMPLETE Chest Triceps Workout Dumbbells EPIC II Day 13**

Lesson 83 : **BUILD Back and Biceps Workout at Home Dumbbells EPIC II Day 9**

Lesson 84 : **45 Min Upper Body Workout Dumbbells Bodyweight EPIC II DAY 3**

Lesson 85 : **15 MIN CHEST SHOULDERS WORKOUT at Home Upper Body with Dumbbells**

Lesson 86 : **10 MIN STRONG ABS CORE WORKOUT with Dumbbell Caroline Girvan**

Lesson 87 : **20 MIN SOLID ARMS SHOULDER WORKOUT with Dumbbells**

Lesson 88 : **Day 48 of EPIC Intense Bodyweight and Dumbbell Upper Body Workout**

Lesson 89 : **Day 42 of EPIC Dumbbell CAPPED Shoulders Core Strengthening Workout**

Lesson 90 : **Day 38 of EPIC KILLER UPPER BODY WORKOUT Dumbbells Bodyweight**

Lesson 91 : **Day 36 of EPIC BACK WORKOUT BICEP WORKOUT with Dumbbells**

Lesson 92 : **Day 27 of EPIC Arms Abs Workout DUMBBELLS BODYWEIGHT**

Lesson 93 : **Day 22 of EPIC Dumbbell Shoulders Core Workout Supersets**

Lesson 94 : **Day 18 of EPIC 40 Min Chest and Triceps Workout at Home**

Lesson 95 : **Day 16 of EPIC 40 Min Dumbbell Back and Bicep Workout at Home**

Lesson 96 : **Day 12 of EPIC Shoulder Workout with Dumbbells**

Lesson 97 : **Day 8 of EPIC Dumbbell Upper Body Workout**

Lesson 98 : **DAY 6 of EPIC Dumbbell Arms and Abs Workout 40 Minute**

Lesson 99 : **DAY 2 of EPIC Bodyweight Dumbbell Upper Body Workout**

Lesson 100 : **15 Min ARMS AND SHOULDERS Workout with DUMBBELLS**

Lesson 101 : **DUMBBELL DYNAMIC and ISOMETRIC Workout 20 Min Upper Body**

Lesson 102 : **20 Min BICEP WORKOUT with DUMBBELLS at Home Caroline Girvan**

Lesson 103 : **20 Min TRICEP WORKOUT with DUMBBELLS at Home Caroline Girvan**

Lesson 104 : **20 Min INTENSE DUMBBELL SHOULDER WORKOUT at Home Supersets**

Lesson 105 : **15 Min INTENSE ARM WORKOUT with Dumbbells at Home**

Lesson 106 : **10 Min DUMBBELL UPPER BODY WORKOUT at Home**

Lesson 107 : **15 Min DUMBBELL ARMS SHOULDER WORKOUT at Home No Repeat**

Lesson 108 : **30 Min DUMBBELL CHEST TRICEPS WORKOUT at Home**

Lesson 109 : **40 Min SHOULDER WORKOUT at Home with DUMBBELLS Core Strength**

Lesson 110 : **Tricep Workout at Home with Dumbbells 10 Minutes**

Lesson 111 : **20 Minute Dumbbell Back and Biceps Workout at Home**

Lesson 112 : **10 Minute Dumbbell Chest Workout at Home**

Lesson 113 : **Shoulder Workout at Home with Dumbbells Follow Along with Me**

Lesson 114 : **Arm Workout at Home Dumbbells Only**

Lesson 115 : **DUMBBELL SHOULDER Workout at Home**

Lesson 116 : **BACK WORKOUT AT HOME Dumbbells Only**

Related courses

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