Mindluster Platform

About the course Dumbbell shoulders workout at Home

Dumbbell shoulders workout course, in this course Dumbbell Shoulders Workout Course: In this course, we will focus on exercises specifically designed to strengthen and sculpt the shoulder muscles using dumbbells. Youâ€™ll learn essential movements such as shoulder presses, lateral raises, front raises, and upright rows that target the deltoids, trapezius, and rotator cuff muscles. The course emphasizes proper form and technique to maximize effectiveness while minimizing the risk of injury. Weâ€™ll cover modifications and variations for all fitness levels, ensuring that both beginners and advanced participants can benefit from the workouts. Additionally, we will discuss the importance of shoulder stability and strength for overall upper body functionality and athletic performance. Whether you aim to build muscle, improve your range of motion, or enhance your overall fitness, this course provides practical workouts that can be performed at home or in the gym. Join us to master dumbbell exercises that will help you achieve strong, defined shoulders.

Medical Category's Courses

Course Lesson(33)

Lesson 1 : **IRON Series 30 Min Superset Dumbbell Shoulder Workout 25**

Lesson 2 : **IRON Series 30 Min Shoulder Workout Compound Isolation 15**

Lesson 3 : **IRON Series 30 Min Shoulders Triceps Workout Dumbbells 7**

Lesson 4 : **SHOULDERS OF STEEL Dumbbell Shoulder Workout EPIC Endgame Day 36**

Lesson 5 : **STRUCTURED Shoulder Workout with Dumbbells EPIC Endgame Day 16**

Lesson 6 : **20 Minute Arms and Shoulders Workout with Dumbbells Caroline Girvan**

Lesson 7 : **20 Minute Shoulder Workout with Dumbbells Caroline Girvan**

Lesson 8 : **SUPER INTENSE Shoulder Arm Supersets Workout EPIC III Day 32**

Lesson 9 : **SUREFIRE Shoulders Unilateral Workout Dumbbell Delts EPIC III Day 16**

Lesson 10 : **500 REP Shoulder Challenge Shoulders Workout Pure Endure Day 2**

Lesson 11 : **PYRAMID SHOULDERS ARMS WORKOUT Hypertrophy Pyramid Series Day 2**

Lesson 12 : **BEASTMODE SHOULDERS AND ARMS Intense Upper Body Workout Day 2**

Lesson 13 : **PUMPED 30 Min Shoulder Workout with Dumbbells EPIC Heat Day 36**

Lesson 14 : **TANGIBLE Triceps and Delts Workout Strength EPIC Heat Day 16**

Lesson 15 : **SUPERior Shoulders Workout Dumbbells EPIC Heat Day 2**

Lesson 16 : **DEFINED Delts Calf Workout Dumbbells EPIC II Day 47**

Lesson 17 : **DEAD ARMS Shoulder Workout Upper Body EPIC II Day 39**

Lesson 18 : **FOCUSED Front Delts ABS Workout SHOULDERS EPIC II Day 27**

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

Lesson 20 : **45 Min Shoulders and Triceps Workout with Dumbbells EPIC II Day 7**

Lesson 21 : **45 Min Upper Body Workout Dumbbells Bodyweight EPIC II DAY 3**

Lesson 22 : **20 MIN SOLID ARMS SHOULDER WORKOUT with Dumbbells**

Lesson 23 : **Day 42 of EPIC Dumbbell CAPPED Shoulders Core Strengthening Workout**

Lesson 24 : **Day 32 of EPIC Obliques Shoulder Workout with Dumbbells**

Lesson 25 : **Day 22 of EPIC Dumbbell Shoulders Core Workout Supersets**

Lesson 26 : **Day 12 of EPIC Shoulder Workout with Dumbbells**

Lesson 27 : **15 Min ARMS AND SHOULDERS Workout with DUMBBELLS**

Lesson 28 : **15 Minute SHOULDER WORKOUT at Home or the Gym with Dumbbells**

Lesson 29 : **20 Min INTENSE DUMBBELL SHOULDER WORKOUT at Home Supersets**

Lesson 30 : **15 Min DUMBBELL ARMS SHOULDER WORKOUT at Home No Repeat**

Lesson 31 : **40 Min SHOULDER WORKOUT at Home with DUMBBELLS Core Strength**

Lesson 32 : **Shoulder Workout at Home with Dumbbells Follow Along with Me**

Lesson 33 : **DUMBBELL SHOULDER Workout at Home**

Related courses

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