Mindluster Platform

About the course Arms and shoulders workout with dumbbells

Arms and shoulders workout course, in this course we will learn about the Arms and Shoulders Workout, focusing on building strength, tone, and endurance in the upper body. The program covers essential exercises like bicep curls, tricep extensions, shoulder presses, lateral raises, and push-ups to target key muscles, including the biceps, triceps, deltoids, and shoulders. Emphasis will be placed on proper form, weight selection, and progressive overload to maximize results and prevent injury. The course offers variations using dumbbells, resistance bands, or body weight, making it suitable for all fitness levels. By the end of the course, youâ€™ll have the tools to develop a personalized arms and shoulders workout plan that enhances muscle tone, stability, and overall upper body strength, improving both fitness and performance.

Medical Category's Courses

Course Lesson(27)

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

Lesson 8 : **SUREFIRE Shoulders Unilateral Workout Dumbbell Delts EPIC III Day 16**

Lesson 9 : **500 REP Shoulder Challenge Shoulders Workout Pure Endure Day 2**

Lesson 10 : **PYRAMID SHOULDERS ARMS WORKOUT Hypertrophy Pyramid Series Day 2**

Lesson 11 : **BEASTMODE SHOULDERS AND ARMS Intense Upper Body Workout Day 2**

Lesson 12 : **TANGIBLE Triceps and Delts Workout Strength EPIC Heat Day 16**

Lesson 13 : **DEFINED Delts Calf Workout Dumbbells EPIC II Day 47**

Lesson 14 : **DEAD ARMS Shoulder Workout Upper Body EPIC II Day 39**

Lesson 15 : **FOCUSED Front Delts ABS Workout SHOULDERS EPIC II Day 27**

Lesson 16 : **45 Min STRONG Shoulder Workout with Dumbbells EPIC II Day 19**

Lesson 17 : **45 Min Shoulders and Triceps Workout with Dumbbells EPIC II Day 7**

Lesson 18 : **20 MIN SOLID ARMS SHOULDER WORKOUT with Dumbbells**

Lesson 19 : **Day 42 of EPIC Dumbbell CAPPED Shoulders Core Strengthening Workout**

Lesson 20 : **Day 32 of EPIC Obliques Shoulder Workout with Dumbbells**

Lesson 21 : **Day 22 of EPIC Dumbbell Shoulders Core Workout Supersets**

Lesson 22 : **Day 12 of EPIC Shoulder Workout with Dumbbells**

Lesson 23 : **15 Min ARMS AND SHOULDERS Workout with DUMBBELLS**

Lesson 24 : **15 Minute SHOULDER WORKOUT at Home or the Gym with Dumbbells**

Lesson 25 : **20 Min INTENSE DUMBBELL SHOULDER WORKOUT at Home Supersets**

Lesson 26 : **45 Min BACK SHOULDER WORKOUT Strong Lean Series Day 4**

Lesson 27 : **30 Min SHOULDER WORKOUT at Home with Resistance Band**

Related courses

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