Mindluster Platform

About the course Dumbbell cardio HIIT workouts at gym

Dumbbell cardio HIIT workouts course, in this course combines the power of dumbbell strength exercises with high-intensity interval training (HIIT) to maximize calorie burn, build muscle, and improve endurance. Designed for all fitness levels, each session focuses on dynamic, time-efficient routines that blend cardio and resistance training. Youâ€™ll learn proper form to prevent injuries, master workout circuits targeting different muscle groups, and explore techniques to increase intensity progressively. Whether your goal is weight loss, toning, or boosting stamina, this program offers flexible routines that can be done at home or in the gym. Get ready to challenge yourself, elevate your heart rate, and achieve total-body results.

Medical Category's Courses

Course Lesson(92)

Lesson 1 : **FUEL Series Finale 30 Min NO REPEAT Dumbbell HIIT Workout Day 30**

Lesson 2 : **FUEL Series 30 Min Full Body DUMBBELL HIIT CARDIO Workout Day 25**

Lesson 3 : **FUEL Series 30 Min MEGA BODYWEIGHT HIIT Workout Day 20**

Lesson 4 : **FUEL Series 30 Min DYNAMITE Dumbbells Burpees HIIT Workout Day 15**

Lesson 5 : **FUEL Series 30 Min HARD N HIGHER Intensity Workout Day 10**

Lesson 6 : **EUPHORIC EMOM HIIT Workout Advanced EPIC Endgame Day 45**

Lesson 7 : **DISTINCT Dumbbell HIIT Workout Full Body EPIC Endgame Day 40**

Lesson 8 : **TAKE CHARGE Tabata HIIT Workout Bodyweight EPIC Endgame Day 35**

Lesson 9 : **KNOCKOUT HIIT Cardio Full Body Workout EPIC Endgame Day 25**

Lesson 10 : **DOMINANT Dumbbell Full Body HIIT Workout EPIC Endgame Day 20**

Lesson 11 : **TITAN Tabata HIIT Workout Bodyweight EPIC Endgame Day 10**

Lesson 12 : **20 Minute HOT HIIT Full Body Workout at Home No Equipment**

Lesson 13 : **30 Minute EMOM Full Body Cardio HIIT Workout EPIC III Day 45**

Lesson 14 : **30 Minute FRIGHTFUL Dumbbell Cardio HIIT Workout EPIC III Day 40**

Lesson 15 : **EXTREME Tabata HIIT Workout No Repeat No Equipment EPIC III Day 35**

Lesson 16 : **CARDIO CHAOS Full Body Workout Bodyweight Only EPIC III Day 30**

Lesson 17 : **30 Min FAST FURIOUS Full Body HIIT Workout No Equipment EPIC III Day 25**

Lesson 18 : **DEFIANCE Dumbbell HIIT Workout Full Body EPIC III Day 20**

Lesson 19 : **30 Min TABATA HIIT Workout Full Body No Equipment EPIC III Day 10**

Lesson 20 : **EPIC HIGH INTENSITY 30 Min Total Body HIIT No Equipment EPIC III Day 5**

Lesson 21 : **TEMPO HIIT Cardio Workout No Equipment Tempo Week Day 5**

Lesson 22 : **PYRAMID HIIT WORKOUT Full Body with Dumbbells Pyramid Series Day 5**

Lesson 23 : **HIIT WORKOUT Bodyweight Only Calisthenics Series Day 5**

Lesson 24 : **BEASTMODE HIGH INTENSITY Dumbbell HIIT Cardio Workout Day 10**

Lesson 25 : **BEASTMODE HIIT High Intensity Full Body Workout Day 5**

Lesson 26 : **THRILLING 30 MIN HIIT WORKOUT at Home No Equipment No Repeat**

Lesson 27 : **SWEAT FULL BODY HIIT WORKOUT with Dumbbells Circuit Series Day 5**

Lesson 28 : **UNIQUE Unilateral HIIT Workout Full Body No Equipment Caroline Girvan**

Lesson 29 : **30 MINUTE DUMBBELL HIIT WORKOUT Bodyweight Complex Series Day 5**

Lesson 30 : **The Endgame EMOM Full Body HIIT Workout EPIC Heat Finale Day 50**

Lesson 31 : **DYNAMITE Dumbbell HIIT Workout Full Body EPIC Heat Day 45**

Lesson 32 : **30 MIN TURBO TABATA Workout Full Body HIIT No Equipment EPIC Heat Day 40**

Lesson 33 :
NOTORIOUS No Repeat Full Body HIIT Workout No Equipment No Jumping Options EPIC Heat Day 35

Lesson 34 : **HIGH POWERED HIIT Superset Full Body Workout EPIC Heat Day 30**

Lesson 35 : **ELECTRIFYING EMOM Full Body HIIT Workout EPIC Heat Day 25**

Lesson 36 : **30 Min TOTAL Tabata Full Body HIIT Workout EPIC Heat Day 20**

Lesson 37 : **SEQUENCED HIIT Full Body Workout with Low Impact Modifications EPIC Heat Day 15**

Lesson 38 : **DISCIPLINED Dumbbell HIIT Workout Full Body EPIC Heat Day 10**

Lesson 39 : **BURPEE BONANZA HIIT Workout No Equipment EPIC Heat Day 5**

Lesson 40 : **HIIT The Glutes High Intensity Glute Workout No Equipment**

Lesson 41 : **SPONTANEOUS Full Body HIIT Workout No Equipment Caroline Girvan**

Lesson 42 : **DEFIANT Dumbbell HIIT Workout Full Body Caroline Girvan**

Lesson 43 : **30 Min HIGH KNEES Full Body HIIT Workout No Equipment**

Lesson 44 : **EPIC EMOM Full Body HIIT Workout No Equipment EPIC II Day 46**

Lesson 45 : **TITANIC Tabata HIIT Workout No Equipment EPIC II DAY 41**

Lesson 46 : **THE DROP HIIT Cardio Full Body Workout EPIC II Day 36**

Lesson 47 : **RED HOT HIIT Workout Full Body No Equipment EPIC II Day 31**

Lesson 48 : **30 Min BLAZING CARDIO HIIT Workout Dumbbells EPIC II Day 26**

Lesson 49 : **30 Min SWIFT HIIT Workout No Equipment No Jumping EPIC II Day 21**

Lesson 50 : **30 Min SUPERset HIIT Workout No Equipment EPIC II Day 16**

Lesson 51 : **30 Min HARD HIIT Full Body Workout at Home EPIC II Day 11**

Lesson 52 : **INTENSE Full Body HIIT Workout with Weights EPIC II Day 6**

Lesson 53 : **40 Min HIIT Low Intensity Cardio No Equipment No Repeat EPIC II DAY 1**

Lesson 54 : **20 MIN AGILE FULL BODY HIIT WORKOUT at Home No Equipment**

Lesson 55 : **20 MIN HIIT DUMBBELL WORKOUT Full Body with Caroline Girvan**

Lesson 56 : **20 MIN DEMANDING FULL BODY HIIT WORKOUT No Equipment**

Lesson 57 : **Day 50 of EPIC Full Body HARDCORE HIIT WORKOUT Part III FINALE**

Lesson 58 : **Day 45 of EPIC RELENTLESS EMOM HIIT WORKOUT Caroline Girvan**

Lesson 59 : **Day 40 of EPIC 30 Min BURNNNNNN HIIT WORKOUT with Dumbbells NO JUMPING**

Lesson 60 : **Day 35 of EPIC Tabata Style HIIT Workout NO EQUIPMENT**

Lesson 61 : **Day 30 of EPIC Intense No Jumping EMOM Full Body HIIT Workout**

Lesson 62 : **Day 25 of EPIC HIIT Full Body Workout 60 EXERCISES NO REPEAT**

Lesson 63 : **Day 20 of EPIC Dumbbell HIIT Workout 30 min High Intensity**

Lesson 64 : **Day 15 of EPIC 30 Min Tabata Full Body HIIT Workout at Home**

Lesson 65 : **Day 10 of EPIC 30 Min Full Body Burpee HIIT Workout No Repeat**

Lesson 66 : **Day 5 of EPIC HIIT Full Body Workout No Equipment**

Lesson 67 : **POWER HIIT WORKOUT 30 Min Full Body No Equipment at Home**

Lesson 68 : **LIVELY HIIT WORKOUT 30 Min Full Body No Equipment at Home**

Lesson 69 : **MAXIMUM HIIT WORKOUT 30 Min Full Body No Equipment at Home**

Lesson 70 : **HARDCORE HIIT PART II Full Body Workout at Home 1 HOUR**

Lesson 71 : **20 Min PLYO HIIT WORKOUT at Home Full Body Explosive Power**

Lesson 72 : **10 Min QUICK HIIT WORKOUT at Home Full Body No Equipment**

Lesson 73 : **30 Min EXTREME FULL BODY HIIT WORKOUT at Home Low Impact**

Lesson 74 : **30 Min FIERCE FULL BODY HIIT WORKOUT at Home No Repeat**

Lesson 75 : **30 Min FULL BODY HIIT WORKOUT Tabata Style High Intensity Workout at Home**

Lesson 76 : **20 Min FULLL BODY HIIT WORKOUT at Home HIIT IT HARD Series Day 5**

Lesson 77 : **20 Min DUMBBELL HIIT WORKOUT at Home HIIT IT HARD Series Day 4**

Lesson 78 : **20 Min UPPER BODY CORE HIIT WORKOUT at Home HIIT IT HARD Series Day 3**

Lesson 79 : **20 Min LEG HIIT WORKOUT at Home HIIT IT HARD Series Day 2**

Lesson 80 : **20 Min BURPEE HIIT WORKOUT at Home HIIT it Hard Series Day 1**

Lesson 81 : **30 Min EXPLOSIVE FULL BODY HIIT WORKOUT at Home No Equipment**

Lesson 82 : **1 Hour HARDCORE FULL BODY HIIT WORKOUT at Home No Equipment**

Lesson 83 : **30 Min Full Body HIIT WORKOUT at Home No Repeat**

Lesson 84 : **30 Min FULL BODY HIIT WORKOUT Tabata Style No Jumping No Equipment**

Lesson 85 : **30 Min INTENSE FULL BODY HIIT Workout at Home No Equipment**

Lesson 86 : **Dumbbell HIIT Workout at Home 15 Minutes**

Lesson 87 : **Burpee HIIT Workout 10 Minutes No Equipment**

Lesson 88 : **15 Minute HIIT Workout Tabata Style High Intensity at Home**

Lesson 89 : **20 Minute HIIT Full Body Workout with No Equipment**

Lesson 90 : **Dumbbell Cardio HIIT Workout at Home**

Lesson 91 : **Brutal Burpees How far can you go HIIT Workout Challenge**

Lesson 92 : **at Home 20 Minute HIIT High Intensity Workout**

Related courses

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