Mindluster Platform

About the course Upper body cardio weights for beginners

Upper body cardio weights course, in this course we will learn about the Upper Body Cardio Weights, a workout that combines cardiovascular exercises with resistance training using weights. This approach targets the muscles in the upper body, including shoulders, chest, arms, and back, while also increasing heart rate to burn calories and improve endurance. Weâ€™ll explore exercises like push presses, bicep curls with fast steps, shadow boxing with light dumbbells, and renegade rows. The course covers proper form, recommended weights, and pacing to maximize benefits while minimizing injury risks. By the end, participants will be able to create effective routines that enhance strength, stamina, and cardiovascular health simultaneously.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **Full Body Cardio Weights Core 20 10 5 Method**

Lesson 2 : **Leg Day Cardio Weights Core 20 10 5 Method**

Lesson 3 : **Upper Body Cardio Weights Core 20 10 5 Method**

Lesson 4 : **Legs Thighs Cardio Weights Core 20 10 5 Method**

Lesson 5 : **TOTAL BURN Cardio Weights Core 20 10 5 Method**

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