Mindluster Platform

About the course Upper body strength workouts at home

Upper body strength workouts course, in this course we will learn about Upper Body Strength Workouts, focusing on exercises designed to build and tone the muscles of the arms, shoulders, chest, and upper back. This program offers a variety of routines that include bodyweight exercises, resistance band training, and dumbbell workouts, making it suitable for all fitness levels. Emphasis will be placed on proper form to prevent injuries and maximize results. Weâ€™ll also explore stretches and warm-ups to prepare the body, as well as progressions to gradually increase strength over time. Whether you aim to improve posture, boost endurance, or enhance overall fitness, this course provides practical, effective routines that fit into any lifestyle, supporting your journey to a stronger upper body.

Medical Category's Courses

Course Lesson(13)

Lesson 1 :
JOIN US Free 2 Week Challenge Daily Videos on YouTube shorts workoutplan workoutchallenge

Lesson 2 : **35 Minute Full Body Dumbbell Workout Strength Power Abs**

Lesson 3 : **30 Minute Upper Body Strength Workout Trisets**

Lesson 4 : **30 Minute Lower Body Strength Workout Triset Workout**

Lesson 5 : **10 Minute Daily Ab Workout No Equipment No Repeats**

Lesson 6 : **30 Minute Full Body Dumbbell Workout Strength Conditioning**

Lesson 7 : **30 Minute Full Body STRENGTH Postpartum Workout Dumbbells DR Safe Abs and Core**

Lesson 8 : **30 Minute Standing Workout Full Body Strength Steps**

Lesson 9 : **30 Minute Dumbbell Arm Workout At Home Strong Arms**

Lesson 10 : **30 Minute Dumbbell Leg Workout Strong Legs**

Lesson 11 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 12 : **30 Minute Strength and Steps Workout All Standing LISS Cardio**

Lesson 13 : **25 Minute Single Dumbbell Workout Full Body Strength**

Related courses

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