Mindluster Platform

About the course Dumbbell arm workout at Home

Dumbbell arm workout course, in this course we will learn about the Dumbbell Arm Workout, focusing on effective exercises to build and tone the muscles of the arms and shoulders. The course covers a variety of exercises such as bicep curls, tricep extensions, shoulder presses, and lateral raises, designed to target the biceps, triceps, and deltoids. Weâ€™ll explore proper form and techniques to maximize results and prevent injury. The course offers modifications for all fitness levels, from beginners to advanced, with progressions to increase strength over time. In addition to the workouts, weâ€™ll cover warm-ups, cool-downs, and stretching exercises to improve flexibility and recovery. Whether your goal is to build strength or achieve toned arms, this course provides practical routines that fit into any schedule.

Medical Category's Courses

Course Lesson(6)

Lesson 1 : **30 Minute Full Body HIIT with Weights Low Impact Pyramid**

Lesson 2 : **30 Minute Dumbbell Arm Workout At Home Strong Arms**

Lesson 3 : **25 Minute High Intensity Cardio Kickboxing Workout No Equipment**

Lesson 4 : **25 Minute Dumbbell Leg Workout Compound Exercises**

Lesson 5 : **30 Minute Full Body Dumbbell Workout Strength Power and Abs**

Lesson 6 : **15 Minute Full Body Cardio HIIT Workout No Repeats**

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