Mindluster Platform

About the course Single dumbbell workout at Home

Single dumbbell workout course, in this course we will explore effective exercises using just a single dumbbell, focusing on building strength, endurance, and mobility. Youâ€™ll learn a variety of workout routines targeting major muscle groups, including arms, shoulders, chest, core, back, and legs. Weâ€™ll also cover essential techniques to ensure proper form and injury prevention. Whether you're a beginner or an experienced athlete, this course offers scalable exercises to suit every fitness level. With minimal equipment, you can train efficiently at home or on the go. Join us to discover how a single dumbbell can unlock a complete workout, improve your fitness, and build a stronger, more balanced physique.

Medical Category's Courses

Course Lesson(8)

Lesson 1 : **10 Minute Morning Workout No Equipment No Repeats**

Lesson 2 : **10 Minute Daily Ab Workout No Equipment No Repeats**

Lesson 3 : **25 Minute Dumbbell Leg Workout Strength Training**

Lesson 4 : **15 Minute Daily Mobility Workout No Equipment**

Lesson 5 : **25 Minute Dumbbell Arm Workout Strength Training**

Lesson 6 : **10 Minute Yoga Active Recovery Yoga for Rest Recovery Days**

Lesson 7 : **25 Minute Single Dumbbell Workout Full Body Strength**

Lesson 8 : **5 Minute Daily Mobility Routine For All Levels**

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