Mindluster Platform

About the course Muscle building Program for beginners

Muscle building Program course, in this course , where we focus on developing strength and size through effective training techniques and nutrition. This comprehensive course is designed for all fitness levels, from beginners to advanced lifters, and will guide you through a structured workout plan that targets all major muscle groups. Youâ€™ll learn the principles of progressive overload, proper lifting techniques, and how to create a balanced routine that includes compound and isolation exercises. Additionally, weâ€™ll discuss the importance of nutrition in muscle growth, including macronutrient breakdowns, meal timing, and supplementation. Throughout the course, youâ€™ll have access to instructional videos, workout templates, and tips for maximizing your gains while minimizing the risk of injury. Join us to transform your physique, increase your strength, and achieve your muscle-building goals effectively and safely.

Medical Category's Courses

Course Lesson(11)

Lesson 1 : **Build 30 Free 2 Week Muscle Building Program**

Lesson 2 : **Build 30 Day 1 30 Minute Full Body Workout Leg Focus All Standing**

Lesson 3 : **Build 30 Day 2 30 Minute Arm Workout Chest and Triceps**

Lesson 4 : **Build 30 Day 3 30 Minute Cardio Abs and Mobility**

Lesson 5 : **Build 30 Day 4 30 Minute Leg Workout Glutes and Hamstrings**

Lesson 6 : **Build 30 Day 5 30 Minute Full Body Abs Workout**

Lesson 7 : **Build 30 Day 6 30 Minute Full Body Superset Workout Arm Focus**

Lesson 8 : **Build 30 Challenge Day 7 30 Minute Quad and Glute Workout Dumbbells**

Lesson 9 : **Build 30 Challenge Day 8 30 Minute Core Circuit Workout**

Lesson 10 : **Build 30 Challenge Day 9 30 Minute Arm Workout Back and Shoulders**

Lesson 11 : **Build 30 Challenge Day 10 30 Minute Full Body Workout Muscle Building**

Related courses

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Male Reproductive

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Pharynx

Endocrine

General Embryology

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