Mindluster Platform

About the course upper body dumbbell workouts at home

upper body dumbbell workouts course, in this course weâ€™ll explore effective upper body exercises using dumbbells to strengthen and tone the arms, shoulders, chest, and back. Youâ€™ll learn proper techniques for key movements like presses, rows, curls, and extensions, ensuring safe and efficient workouts. Weâ€™ll cover the principles of progressive overload to help you gradually build strength, as well as modifications for different fitness levels. Each workout is designed to engage multiple muscle groups, improving upper body stability and endurance. No matter your fitness level, this course will help you achieve your goals through structured routines, focusing on form and muscle activation. With instructional videos and tips, youâ€™ll be equipped to create a balanced workout plan. Join us to enhance your upper body strength and fitness using only dumbbells.

Medical Category's Courses

Course Lesson(8)

Lesson 1 : **35 Minute Full Body Dumbbell Workout Time Drop Strength**

Lesson 2 : **20 Minute Upper Body Dumbbell Workout All Standing No Repeats**

Lesson 3 : **15 Minute Standing Cardio Workout 2 000 Steps No Repeats**

Lesson 4 : **30 Minute Kettlebell LEG WORKOUT Advanced Exercises with Pregnancy Modifications**

Lesson 5 :
35 Minute Full Body STRENGTH Workout with Dumbbells 12 BEST Full Body Exercises At Home

Lesson 6 : **20 Minute Strength Walking Workout 2000 Steps All Standing No Repeats**

Lesson 7 : **15 Minute Daily Mobility Workout No Equipment**

Lesson 8 : **10 Minute Morning Stretch Follow Along**

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