Mindluster Platform

About the course Dumbbell HIIT workout at home

Dumbbell HIIT workout course, in this course weâ€™ll explore high-intensity interval training (HIIT) using dumbbells to enhance strength, endurance, and cardiovascular fitness. Youâ€™ll learn how to combine strength exercises with quick bursts of cardio to maximize calorie burn and muscle activation. This dynamic workout targets multiple muscle groups, including arms, legs, core, and shoulders, offering a full-body training experience. Weâ€™ll focus on proper form, breathing techniques, and modifications to suit all fitness levels, ensuring safety and effectiveness. Each workout session is designed to be time-efficient, making it perfect for those with busy schedules. Join us to boost metabolism, build strength, and elevate your fitness with the power of Dumbbell HIIT.

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **30 Minute Cardio Barre Class No Equipment Barre Burn**

Lesson 2 : **30 Minute Dumbbell Arm Workout Strength Power Isometrics**

Lesson 3 : **25 Minute Dumbbell Leg Workout Compound Exercises**

Lesson 4 : **30 Minute Dumbbell Leg Workout Strength Power Isometrics**

Lesson 5 : **10 Minute Beginner Dumbbell Workout Standing Workout**

Lesson 6 : **5 Minute Daily Mobility Routine For All Levels**

Lesson 7 :
30 Minute Dumbbell HIIT Workout Full Body SUPERSET Workout 40 30 20 Timed Intervals

Lesson 8 : **20 Minute NO REPEAT Full Body Workout With Weights No Jumping**

Lesson 9 : **5 Minute Dead Bug Workout No Repeats**

Related courses

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Pharynx

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for Business Contact
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