Mindluster Platform

About the course Upper body HIIT workout at home

Upper body HIIT workout course, in this course youâ€™ll dive into high-intensity interval training routines that target the upper body muscles, including the chest, shoulders, arms, and back. This course combines strength exercises like push-ups, shoulder presses, and rows with cardio bursts to maximize fat burn, build endurance, and boost muscle definition. Youâ€™ll learn how to structure circuits with timed intervals, ensuring a balance between intensity and recovery for optimal results. Whether you're looking to enhance muscle tone, improve cardiovascular fitness, or simply stay active, this course offers scalable workouts suitable for all fitness levels. By the end, you'll have stronger upper body muscles and improved endurance, ready to tackle daily activities and sports performance.

Medical Category's Courses

Course Lesson(6)

Lesson 1 : **20 Minute Resistance Band Workout LEGS CARDIO CORE Mini Band Workout**

Lesson 2 : **15 Minute Resistance Band Arm Workout with Mini Band**

Lesson 3 :
35 Minute Full Body STRENGTH Workout with Dumbbells 12 BEST Full Body Exercises At Home

Lesson 4 : **35 Minute Lower Body Dumbbell Workout Slow Burn**

Lesson 5 : **35 Minute Upper Body HIIT Workout**

Lesson 6 : **25 Minute High Intensity Cardio Kickboxing Workout No Equipment**

Related courses

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General Embryology

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