Mindluster Platform

About the course Arms and abs workout at home

Arms and abs workout course, in this course youâ€™ll explore targeted exercises to strengthen and tone your upper body and core. This course focuses on building muscle in the biceps, triceps, shoulders, and abs through a combination of strength and endurance routines. Youâ€™ll learn how to perform exercises like curls, tricep dips, and shoulder presses alongside core movements such as planks, Russian twists, and crunches. The course offers scalable workouts, making it suitable for all fitness levels. By the end, youâ€™ll improve upper body strength, core stability, and muscle definition, equipping you to perform daily tasks with ease and enhance athletic performance.

Medical Category's Courses

Course Lesson(26)

Lesson 1 : **FREE June Fitness Challenge Workouts Meal Plan fitness workouts workoutchallenge**

Lesson 2 : **30 Minute Build and Burn Workout Cardio and Strength Training**

Lesson 3 : **45 Minute Arms and Abs Workout Dumbbells Drop Set Format**

Lesson 4 : **30 Minute Lower Body Strength Workout Triset Workout**

Lesson 5 : **10 Minute Yoga Active Recovery Yoga for Rest Recovery Days**

Lesson 6 : **10 Minute Abs and Butt Workout No Equipment No Squats or Lunges**

Lesson 7 : **30 Minute Full Body CIRCUIT WORKOUT with Dumbbells**

Lesson 8 : **15 Minute Full Body HIIT Cardio Workout No Equipment**

Lesson 9 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 10 : **The 8 BEST Foam Rolling Exercises 10 Minute Full Body Foam Roll Routine**

Lesson 11 : **30 Minute Full Body Strength and Abs Circuit Training**

Lesson 12 : **35 Minute Unilateral Leg Workout**

Lesson 13 : **30 Minute Upper Body Strength Workout Trisets**

Lesson 14 : **10 Minute LEGS BUTT Workout Dumbbells Optional Booty Band**

Lesson 15 : **30 Minute Full Body Workout With Dumbbells HIIT Pyramid**

Lesson 16 : **15 Minute Full Body STRENGTH Workout with Dumbbells 9 Full Body Power Moves**

Lesson 17 : **30 Minute FULL BODY Dumbbell Workout At Home Circuits**

Lesson 18 : **35 Minute Unilateral Arm Workout**

Lesson 19 :
45 Minute LEG DAY Workout for Women At Home Dumbbell Workout that Burns 500 Calories

Lesson 20 : **15 Minute Resistance Band Arm Workout with Mini Band**

Lesson 21 : **35 Minute Full Body HIIT Circuit Workout Dumbbells**

Lesson 22 : **25 Minute FULL BODY Resistance Band Workout Strength HIIT**

Lesson 23 : **40 Minute FULL BODY Strength Training HIIT Cardio Dumbbells**

Lesson 24 : **10 Minute Intense Abs No Repeats**

Lesson 25 : **30 Minute Strength Circuit Workout Full Body Dumbbells**

Lesson 26 : **30 Minute Full Body STRENGTH Postpartum Workout Dumbbells DR Safe Abs and Core**

Related courses

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for Business Contact
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