Mindluster Platform

About the course Arms and abs superset Workout

Arms and abs superset course, in this course youâ€™ll explore a powerful training method that combines arm and core exercises back-to-back with minimal rest. This course focuses on building muscle strength and endurance in the biceps, triceps, shoulders, and abs through supersetsâ€”two exercises performed consecutively. Youâ€™ll engage in routines such as dumbbell curls followed by planks or tricep dips paired with Russian twists. The workouts are designed to optimize time, enhance muscle activation, and boost calorie burn. Suitable for all fitness levels, the course provides modifications for beginners and challenges for advanced participants. By the end, youâ€™ll develop stronger arms, a more defined core, and improved endurance, ready to tackle everyday activities with ease.

Medical Category's Courses

Course Lesson(7)

Lesson 1 : **Members Challenge Day 1 35 Minute Full Body Strength Circuits**

Lesson 2 : **Members Challenge Day 2 30 Minute Cardio And Core**

Lesson 3 : **Members Challenge Day 3 35 Minute Legs and Butt Supersets**

Lesson 4 : **Members Challenge Day 4 Full Body Mobility Stretch**

Lesson 5 : **Members Challenge Day 5 30 Minute Arms and Abs Supersets**

Lesson 6 : **Members Challenge Day 6 35 Minute Full Body Shred**

Lesson 7 : **Members Challenge Day 7 10 Minute Weighted Abs**

Related courses

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Pharynx

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General Embryology

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