Mindluster Platform

About the course Upper body pyramid workout at gem

Upper body pyramid workout course, in this course designed to build strength, endurance, and muscle definition in the upper body through a pyramid-style workout. This method involves starting with lighter weights and higher repetitions, then gradually increasing weight and reducing reps with each set. Upon reaching peak weight, youâ€™ll reverse the pyramid, decreasing weight and increasing repetitions. This unique structure maximizes muscle activation while giving a balanced mix of intensity and endurance. In this course, you'll learn key exercises for chest, shoulders, back, and arms, such as push-ups, overhead presses, rows, and curls, all structured to fit the pyramid model. You'll begin by mastering proper form to ensure safety and effectiveness and then move into progressively challenging sets designed to push limits and enhance results. Ideal for all fitness levels, this course offers modifications for each exercise and weight level, allowing you to work at your own pace while continuously improving. Join us for a comprehensive upper body workout that builds muscle strength, improves definition, and boosts overall performance.

Medical Category's Courses

Course Lesson(16)

Lesson 1 : **30 Minute Full Body HIIT with Weights Low Impact Pyramid**

Lesson 2 : **35 Minute Full Body Dumbbell HIIT Workout Intense Pyramid**

Lesson 3 : **30 Minute Full Body Pyramid All Strength**

Lesson 4 : **Live 30 Minute Full Body Pyramid Workout One Dumbbell**

Lesson 5 : **Live 30 Minute Dumbbell Strength Pyramid Full Body No Lunges**

Lesson 6 : **30 Minute Full Body Strength Workout Pyramid Format**

Lesson 7 : **LIVE 40 Minute Upper Body Pyramid Workout HIIT Arms with Weights**

Lesson 8 : **40 Minute Dumbbell HIIT Workout At Home Intense Full Body Pyramid Workout**

Lesson 9 :
45 Minute KETTLEBELL WORKOUT or Single Dumbbell Workout Full Body Pyramid No Jumping

Lesson 10 : **30 Minute Legs Back and Biceps Workout Strength Cardio Pyramid**

Lesson 11 : **20 Minute Total Body HIIT Workout Pyramid Format**

Lesson 12 : **30 Minute Full Body Workout With Dumbbells HIIT Pyramid**

Lesson 13 :
PYRAMID WORKOUT 30 Minute FULL BODY Strength Training Cardio Workout At Home

Lesson 14 : **30 Minute Full Body Dumbbell Workout At Home Pyramid Workout With Weights**

Lesson 15 : **45 Minute FULL BODY Dumbbell Strength Training Intense Pyramid Workout**

Lesson 16 : **50 Minute Full Body PYRAMID Workout Intense Dumbbell HIIT**

Related courses

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