Mindluster Platform

About the course Dumbbell shoulder workouts at gem

Dumbbell shoulder workouts course, in this course is designed to strengthen and shape your shoulder muscles, using dumbbells to create balanced, powerful, and well-defined deltoids. This course covers essential exercises that target the three heads of the shoulder: anterior (front), lateral (side), and posterior (rear), ensuring comprehensive shoulder development. Youâ€™ll start with foundational movements like shoulder presses, lateral raises, and reverse flyes, focusing on proper form to prevent injury and maximize effectiveness. As you progress, youâ€™ll explore advanced techniques such as supersets, tempo variations, and drop sets, which intensify your workout and enhance muscle activation.

Medical Category's Courses

Course Lesson(17)

Lesson 1 : **35 Minute Legs and Back Workout Dumbbell Strength Cardio Workout**

Lesson 2 : **25 Minute Dumbbell Shoulder Workout**

Lesson 3 : **5 Minute Abs Workout At Home INTENSE No Equipment**

Lesson 4 : **30 Minute Full Body Cardio Barre Workout Intense No Equipment**

Lesson 5 : **10 Minute Morning Stretch Follow Along**

Lesson 6 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 7 : **The 8 BEST Foam Rolling Exercises 10 Minute Full Body Foam Roll Routine**

Lesson 8 : **30 Minute Lower Body Workout with Dumbbells No Repeats No Jumping**

Lesson 9 : **35 Minute PUSH DAY WORKOUT Chest Shoulders Triceps Cardio Dumbbells**

Lesson 10 : **40 Minute Booty Building Butt Workout**

Lesson 11 : **25 Minute Dumbbell Chest Workout At Home**

Lesson 12 : **25 Minute FULL BODY Resistance Band Workout Strength HIIT**

Lesson 13 : **30 Minute Legs Back and Biceps Workout Strength Cardio Pyramid**

Lesson 14 : **10 Minute Upper Body Workout for Women Rep Drop**

Lesson 15 : **10 Minute Low Impact HIIT Workout No Equipment All Standing**

Lesson 16 : **10 Minute Abs After Baby 8 Diastasis Recti Safe Ab Exercises**

Lesson 17 : **10 Minute Diastasis Recti Challenge 8 Postpartum Abs**

Related courses

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for Business Contact
business@mindluster.com