Mindluster Platform

About the course Upper body HIIT workouts at home

Upper body HIIT workouts course, in this course focuses on building strength, endurance, and muscle tone in the upper body through high-intensity interval training. This course combines powerful exercises for the chest, back, shoulders, and arms with short rest periods to maximize calorie burn and muscle engagement. Youâ€™ll start with foundational movements like push-ups, rows, and shoulder presses to build strength and proper form, progressing to more advanced moves, such as burpees, plank variations, and weighted exercises that boost intensity and heart rate. Each workout is structured to efficiently target multiple muscle groups, improving strength while enhancing cardiovascular fitness. Perfect for all fitness levels, this course offers modifications and progression tips, allowing beginners to build up gradually while experienced participants can push themselves further.

Medical Category's Courses

Course Lesson(22)

Lesson 1 : **FREE 30 Day Workout Plan At Home Workout Plan with Daily Workout Videos**

Lesson 2 : **30 Minute LEG WORKOUT At Home with Dumbbells**

Lesson 3 : **35 Minute PUSH DAY WORKOUT Chest Shoulders Triceps Cardio Dumbbells**

Lesson 4 : **30 Minute Resistance Band Legs Glutes Thighs No Jumping**

Lesson 5 : **5 Minute Resistance Band Ab Workout No Repeats**

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

Lesson 7 : **35 Minute Upper Body PULL WORKOUT At Home Back Biceps Cardio**

Lesson 8 : **30 Minute Cardio Abs Workout HIIT ABS with Modifications for Beginners 1 Dumbbell**

Lesson 9 : **The 8 BEST Foam Rolling Exercises 10 Minute Full Body Foam Roll Routine**

Lesson 10 :
45 Minute LEG DAY Workout for Women At Home Dumbbell Workout that Burns 500 Calories

Lesson 11 : **35 Minute Upper Body HIIT Workout**

Lesson 12 : **35 Minute Full Body KETTLEBELL WORKOUT or Single Dumbbell Workout No Jumping**

Lesson 13 : **30 Minute Arm Workout with Dumbbells Upper Body Strength Cardio**

Lesson 14 : **30 Minute Lower Body Workout with Dumbbells No Repeats No Jumping**

Lesson 15 : **45 Minute Arms and Abs Workout Dumbbells Drop Set Format**

Lesson 16 : **15 Minute Abs Butt and Thigh Workout No Equipment**

Lesson 17 : **10 Minute CARDIO KICKBOXING Tabata Workout No Equipment No Jumping**

Lesson 18 : **35 Minute Full Body Strength HIIT Workout For Women Time Drop**

Lesson 19 : **30 Minute Full Body Dumbbell Strength Workout For Women**

Lesson 20 : **30 Minute Full Body Cardio Barre Workout Intense No Equipment**

Lesson 21 : **10 Minute Yoga Active Recovery Yoga for Rest Recovery Days**

Lesson 22 : **30 Minute Strength Tabata Circuits**

Related courses

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