Mindluster Platform

About the course Arm workout with dumbbells at home

Arm workout with dumbbells course, in this course youâ€™ll learn a complete range of exercises aimed at toning and strengthening the biceps, triceps, and shoulders, using just a set of dumbbells. This course breaks down essential movements such as curls, tricep extensions, shoulder presses, and more, each targeting specific arm muscles for balanced development. Designed for all fitness levels, each exercise comes with detailed guidance on form, tempo, and weight selection to ensure effectiveness and reduce injury risk. You'll also learn how to structure sets, reps, and rest intervals to match your goalsâ€”whether building strength, toning, or increasing muscle endurance. Additionally, the course includes tips on warm-up techniques, cooldown stretches, and how to track progress effectively. This versatile program is perfect for both home and gym settings, allowing you to achieve well-defined, strong arms with minimal equipment. Whether you're new to weightlifting or looking to refine your technique, this course will build both the knowledge and confidence needed for a sustainable, effective arm workout routine.

Medical Category's Courses

Course Lesson(26)

Lesson 1 : **20 Minute Full Body HIIT Workout with Weights**

Lesson 2 : **45 Minute Arms and Abs Workout Dumbbells Drop Set Format**

Lesson 3 : **30 Minute LEG WORKOUT At Home with Dumbbells**

Lesson 4 : **10 Minute CARDIO KICKBOXING Tabata Workout No Equipment No Jumping**

Lesson 5 : **The BEST Lower Ab Workout For Women No Equipment 10 Minute Lower Abs**

Lesson 6 : **30 Minute Barre Blend Barre Cardio Workout**

Lesson 7 : **10 Minute Full Body Stretch Daily Routine for Flexibility Mobility Tight Muscles**

Lesson 8 :
30 Minute Dumbbell HIIT Workout Full Body SUPERSET Workout 40 30 20 Timed Intervals

Lesson 9 : **30 Minute Back Workout At Home Dumbbells Only**

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

Lesson 11 : **40 Minute Booty Building Butt Workout**

Lesson 12 : **10 Minute HIIT CARDIO ABS Workout At Home No Equipment Cardio ABS**

Lesson 13 : **30 Minute Yoga Sculpt Full Body Workout**

Lesson 14 : **30 Minute Dumbbell HIIT Workout Full Body No Repeats**

Lesson 15 : **30 Minute Arm Workout with Dumbbells Upper Body Strength Cardio**

Lesson 16 : **30 Minute Resistance Band Legs Glutes Thighs No Jumping**

Lesson 17 : **15 Minute Power Yoga Energizing Power Vinyasa Flow with Strength Cardio**

Lesson 18 : **45 Minute Barre Cardio Full Body Kickboxing Workout optional light dumbbells**

Lesson 19 :

20 Minute Workout The BEST Full Body Workout Strength Training HIIT with Dumbbells

Lesson 20 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 21 : **30 Minute Full Body CIRCUIT WORKOUT with Dumbbells**

Lesson 22 : **25 Minute Dumbbell Chest Workout At Home**

Lesson 23 : **45 Minute Cardio Barre Workout Intense Barre Workout with Optional Dumbbells**

Lesson 24 : **20 Minute Total Body HIIT Workout Pyramid Format**

Lesson 25 : **45 Minute FULL BODY Dumbbell Strength Training Intense Pyramid Workout**

Lesson 26 : **30 Minute Kettlebell Legs and Abs Workout AMRAP Workout**

Related courses

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