Mindluster Platform

About the course Sculpted arms workout at home

Sculpted arms workout course, in this course youâ€™ll learn targeted exercises to strengthen, define, and tone the arms. This course focuses on effective bicep, tricep, and shoulder exercises that help you achieve lean, sculpted arms. Using a mix of dumbbells, resistance bands, and bodyweight exercises, youâ€™ll progress through a series of workouts that challenge each muscle group. Each lesson includes step-by-step guidance on form and technique, with variations suitable for all fitness levels. Weâ€™ll cover essential moves like bicep curls, tricep dips, shoulder presses, and lateral raises, focusing on muscle activation to maximize toning without bulking up. Youâ€™ll also learn how to structure sets and reps for your specific goals, whether it's toning, building endurance, or increasing strength. Alongside workout routines, the course offers tips on warm-up, cooldown, and recovery techniques to prevent injury and promote muscle growth. Ideal for anyone looking to enhance their arm strength and definition, this program delivers sustainable, noticeable results.

Medical Category's Courses

Course Lesson(15)

Lesson 1 : **30 Minute Dumbbell Arm Workout Sculpted Arms At Home Prenatal Workout**

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

Lesson 3 :
15 Minute LOW IMPACT HIIT Cardio Workout No Jumping Workout Pregnancy Prenatal Workout

Lesson 4 : **Barre Class At Home 20 Minute At Home Barre Workout**

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

Lesson 6 : **35 Minute Kettlebell HIIT Workout Beginner Advanced Options**

Lesson 7 : **30 Minute Full Body Workout With Dumbbells HIIT Pyramid**

Lesson 8 : **15 Minute Power Yoga Energizing Power Vinyasa Flow with Strength Cardio**

Lesson 9 : **30 Minute Lower Body Workout For Women Pregnancy Workout**

Lesson 10 : **AMRAP Workout 10 Minute Workout Without Equipment to Burn Calories**

Lesson 11 : **30 Minute Arm Workout with Dumbbells Upper Body Strength Cardio**

Lesson 12 : **15 Minute Full Body HIIT Cardio Workout No Equipment**

Lesson 13 : **10 Minute Abs and Butt Workout No Equipment No Squats or Lunges**

Lesson 14 : **7 Minute Abs Intense 7 Minute Ab Workout No Equipment**

Lesson 15 : **FREE 14 Day Challenge Home Workout Plan 2 Weeks of Daily Workouts**

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