Mindluster Platform

About the course Single dumbbell workouts at home

Single dumbbell workouts course, in this course focuses on utilizing a single dumbbell to maximize strength training, flexibility, and functional movement. This course is designed for those who want to achieve a full-body workout with minimal equipment, making it perfect for home or on-the-go training. Participants will learn a variety of exercises that target all major muscle groups, ensuring balanced development and improved coordination. Each session incorporates a mix of strength-building movements, stability exercises, and core workouts, allowing for an efficient and effective routine. By using a single dumbbell, participants enhance their unilateral strength, helping to address muscle imbalances and improve overall functional fitness. The course also emphasizes proper form and technique to prevent injury and ensure maximum results. With a variety of workouts, participants can easily adjust the weight and intensity to match their fitness levels. Whether you're a beginner or an experienced fitness enthusiast, this course will provide you with the tools and techniques needed to incorporate single dumbbell workouts into your routine for optimal strength and conditioning.

Medical Category's Courses

Course Lesson(67)

Lesson 1 : **20 Minute Standing Arms and Abs Workout No Repeats All Standing**

Lesson 2 : **20 Minute Full Body Dumbbell Workout AMRAP**

Lesson 3 : **25 Minute At Home Full Body Workout No Repeats All Standing**

Lesson 4 : **25 Minute Single Dumbbell Workout Full Body Strength**

Lesson 5 : **30 Minute Strength Cardio Mobility Workout Full Body**

Lesson 6 : **20 Minute Bodyweight Workout for Beginners No Repeats**

Lesson 7 : **25 Minute Dumbbell Arm Workout Strength Training**

Lesson 8 : **25 Minute Pilates Barre Class At Home Full Body Sculpt**

Lesson 9 : **25 Minute Dumbbell Leg Workout Strength Training**

Lesson 10 : **25 Minute Barre Workout At Home Sculpt and Strength**

Lesson 11 : **20 Minute Strength Walking Workout 2000 Steps All Standing No Repeats**

Lesson 12 : **20 Minute Upper Body Dumbbell Workout All Standing No Repeats**

Lesson 13 : **20 Minute Leg Workout At Home Standing Workout**

Lesson 14 : **25 Minute Dumbbell Shoulder Workout**

Lesson 15 : **20 Minute Bicep Workout with Dumbbells**

Lesson 16 : **25 Minute Toned Arms Workout No Push Ups**

Lesson 17 : **20 Minute Seated Workout Cardio Core No Equipment No Repeat**

Lesson 18 : **Strong 20 Day 10 20 Minute Full Body Functional Training**

Lesson 19 : **Strong 20 Day 8 20 Minute Thighs Legs and Abs Workout**

Lesson 20 : **Strong 20 Day 9 20 Minute Functional Core Workout**

Lesson 21 : **Strong 20 Day 7 20 Minute Back and Arm Workout**

Lesson 22 : **Strong 20 Free 2 Week Workout Program At Home Dumbbells Only**

Lesson 23 : **Strong 20 Day 5 20 Minute Full Body Functional Strength**

Lesson 24 : **Strong 20 Day 6 20 Minute Chest and Leg Workout**

Lesson 25 : **Strong 20 Day 4 20 Minute Standing Abs with Weights**

Lesson 26 : **Strong 20 Day 3 20 Minute Abs and Glutes Workout**

Lesson 27 : **Strong 20 Day 2 20 Minute Arm and Shoulder Workout**

Lesson 28 : **Strong 20 Day 1 20 Minute Leg and Back Workout**

Lesson 29 : **Postpartum Fitness Test Do This Before Running or HIIT**

Lesson 30 : **25 Minute Full Body Dumbbell Workout Beginner**

Lesson 31 : **25 Minute Beginner Arm Workout At Home Dumbbells Only**

Lesson 32 : **20 Minute Beginner Leg Workout At Home Dumbbells Only**

Lesson 33 : **LIVE 20 Minute Full Body Postpartum Workout Safe for Diastasis Recti**

Lesson 34 : **Fall Challenge Day 10 25 Minute Cardio Abs**

Lesson 35 : **Fall Challenge Day 2 25 Minute Arms and Abs**

Lesson 36 : **Fall Challenge Day 11 25 Minute Lower Body Supersets**

Lesson 37 : **20 Minute Third Trimester Pregnancy Barre Workout NO EQUIPMENT**

Lesson 38 : **25 Minute Prenatal Arm Workout Back and Biceps Workout Dumbbells**

Lesson 39 : **20 Minute Low Impact Strength Cardio Workout One Dumbbell**

Lesson 40 : **25 Minute Prenatal Barre Workout No Equipment ALL Trimesters**

Lesson 41 : **25 Minute Prenatal Arm Workout Safe for ALL Trimesters of Pregnancy**

Lesson 42 : **25 Minute BACK ARMS Workout with Dumbbells Build BACK Strength At Home**

Lesson 43 : **25 Minute Arms Abs Workout With Weights SUPERSETS**

Lesson 44 : **25 Minute SUPERSET Leg Workout with Dumbbells Leg Burnout**

Lesson 45 : **18 Minute Barre Workout Full Body Barre Class with Optional Light Weights**

Lesson 46 : **25 Minute High Intensity Cardio Kickboxing Workout No Equipment**

Lesson 47 : **25 Minute Cardio Barre Workout with Sliders Gliders or Towels**

Lesson 48 : **20 Minute BICEP WORKOUT with Dumbbells At Home 5 BEST BICEPS Exercises**

Lesson 49 : **25 Minute FULL BODY Resistance Band Workout Strength HIIT**

Lesson 50 : **20 Minute NO REPEAT Full Body Workout With Weights No Jumping**

Lesson 51 : **25 Minute CHEST Workout At Home Dumbbells EMOM Workout**

Lesson 52 : **25 Minute Back Workout For Women Dumbbell Only Back Workout**

Lesson 53 : **20 Minute Stroller Workout For Moms 6 Stroller Exercises For the Legs Glutes**

Lesson 54 : **barre basics 7 barre moves to tone tighten**

Lesson 55 : **20 Minute Cardio Barre Home Workout**

Lesson 56 : **6 Glute Toning Barre Moves At Home Barre Workout**

Lesson 57 : **20 Minute Total Body HIIT Workout Pyramid Format**

Lesson 58 : **20 Minute Legs Core Kettlebell Workout**

Lesson 59 : **6 BEST Exercises for Toned Arms At Home Dumbbell Arm Exercises**

Lesson 60 : **Pyramid Workout 7 Best Free Weight Exercises for Women**

Lesson 61 :
20 Minute Workout The BEST Full Body Workout Strength Training HIIT with Dumbbells

Lesson 62 :
6 Best Booty Building Exercises for Women with Dumbbells 35 Minute BUTT WORKOUT

Lesson 63 : **Barre Class At Home 20 Minute At Home Barre Workout**

Lesson 64 : **Bodyweight Partner Workout 8 Exercises To Do with a Friend**

Lesson 65 : **20 Minute Full Body HIIT Workout with Weights**

Lesson 66 : **25 Minute Upper Body HIIT Workout with Dumbbells Strength Cardio**

Lesson 67 : **20 Minute Resistance Band Workout LEGS CARDIO CORE Mini Band Workout**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com