Mindluster Platform

About the course Chest and triceps workout for beginners

Chest and triceps workout course, in this course we will focus on strengthening and sculpting the chest and triceps through targeted exercises. Youâ€™ll learn essential movements such as bench presses, push-ups, chest flys, tricep dips, and extensions with proper form to prevent injury and maximize results. The course provides detailed guidance on both bodyweight exercises and dumbbell routines, helping you build endurance and power effectively. Weâ€™ll explore variations and intensity progressions to suit different fitness levels, ensuring steady improvement. Youâ€™ll also receive tips on recovery, nutrition, and tracking progress for optimal results. Whether youâ€™re a beginner or an advanced lifter, this course offers practical routines to build upper body strength and definition with focus on pushing movements that engage both the chest and triceps.

Medical Category's Courses

Course Lesson(30)

Lesson 1 : **IRON Series 30 Min Leg Workout Dumbbell Leg Day 1**

Lesson 2 : **IRON Series 30 Min Upper Body Workout Shoulders Back Chest 2**

Lesson 3 : **IRON Series 30 Min Glute Workout Dumbbell Lower Body 3**

Lesson 4 : **IRON Series 30 Min Full Body Workout Dumbbell Circuits 4**

Lesson 5 : **IRON Series 30 Min Arms and Abs Workout Biceps Triceps 5**

Lesson 6 : **IRON Series 30 Min Quad Workout Dumbbell Leg Day 6**

Lesson 7 : **IRON Series 30 Min Shoulders Triceps Workout Dumbbells 7**

Lesson 8 : **IRON Series 30 Min Glutes Hamstrings Workout Hip Thrusts RDL 8**

Lesson 9 : **IRON Series 30 Min Full Body Dumbbell Cardio Workout 9**

Lesson 10 : **IRON Series 30 Min Back Biceps Workout Rows Curls 10**

Lesson 11 : **IRON Series 30 Min Dumbbell Leg Workout Calves Included 11**

Lesson 12 : **IRON Series 30 Min Upper Body Chest and Triceps Workout 12**

Lesson 13 : **IRON Series 30 Min Posterior Chain Workout Glutes Hamstrings Back 13**

Lesson 14 : **IRON Series 30 Min Unilateral Training Full Body Workout 14**

Lesson 15 : **IRON Series 30 Min Shoulder Workout Compound Isolation 15**

Lesson 16 : **IRON Series 30 Min Hamstrings Workout Hip Extension Flexion 16**

Lesson 17 : **IRON Series 30 Min Complete Upper Body Workout 17**

Lesson 18 : **IRON Series 30 Min Dumbbell Glute Workout Supersets 18**

Lesson 19 : **IRON Series 30 Min Muscle Building Full Body Workout 19**

Lesson 20 : **IRON Series 30 Min Superset Arms Abs and Core Workout 20**

Lesson 21 : **IRON Series 30 Min Dumbbell Leg Day Workout Stepups 21**

Lesson 22 : **IRON Series 30 Min Upper Body Chest and Back Workout 22**

Lesson 23 : **IRON Series 30 Min Superset Glutes and Hamstrings Workout 23**

Lesson 24 : **IRON Series 30 Min Full Body Circuits Workout Dumbbells 24**

Lesson 25 : **IRON Series 30 Min Superset Dumbbell Shoulder Workout 25**

Lesson 26 : **IRON Series 30 Min Leg Workout Circuits Step Ups 26**

Lesson 27 : **IRON Series 30 Min Upper Body Workout Antagonist Sets 27**

Lesson 28 : **IRON Series 30 Min Dumbbell Glute Workout Iron Glutes 28**

Lesson 29 : **IRON Series 30 Min Final Full Body Workout Hypertrophy 29**

Lesson 30 : **IRON Series Finale 30 Min Arms Abs and Core Workout 30**

Related courses

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