Mindluster Platform

About the course Triceps and abs workouts for beginners

Triceps and abs workouts course, in this course we will focus on strengthening and toning the triceps and abdominal muscles through a combination of targeted exercises. Youâ€™ll learn effective tricep movements such as tricep dips, overhead extensions, and push-downs, alongside powerful ab exercises like planks, crunches, leg raises, and Russian twists. The course emphasizes proper form to prevent injury and maximize muscle activation. Youâ€™ll also explore how to create balanced routines that engage both muscle groups, promoting overall upper body and core strength. Whether you are a beginner or looking to enhance your workout routine, this course offers scalable exercises for all levels. Additionally, we provide tips on nutrition, recovery, and progressive overload to help you build endurance and achieve defined triceps and abs efficiently.

Medical Category's Courses

Course Lesson(51)

Lesson 1 : **EPIC 5 Minute Warm Up Full Body Caroline Girvan**

Lesson 2 : **EPIC LEG DAY Dumbbell Leg Workout EPIC III Program Day 1**

Lesson 3 : **EPIC UPPER BODY WORKOUT Powerful Push Pull EPIC III Day 2**

Lesson 4 : **EPIC ABS AND GLUTES Dumbbell Workout Hip Thrusts EPIC III Day 3**

Lesson 5 : **EPIC COMPLEXES Full Body Dumbbell Workout EPIC III Day 4**

Lesson 6 : **EPIC HIGH INTENSITY 30 Min Total Body HIIT No Equipment EPIC III Day 5**

Lesson 7 : **FUNDAMENTAL Back Biceps and Core Workout Dumbbells EPIC III Day 6**

Lesson 8 : **RESILIENT LEG DAY WORKOUT Lower Body Complexes Dumbbells EPIC III Day 7**

Lesson 9 : **UPPER BODY DESTROYER Workout Shoulders Chest Triceps EPIC III Day 8**

Lesson 10 : **FULLY LOADED Full Body Workout Dumbbells EPIC III Day 9**

Lesson 11 : **30 Min TABATA HIIT Workout Full Body No Equipment EPIC III Day 10**

Lesson 12 : **QUIVERING QUADS CALVES Workout Leg Day EPIC III Day 11**

Lesson 13 : **UNSTOPPABLE UPPER BODY Dumbbell Complexes EPIC III Day 12**

Lesson 14 : **DEMANDING Glutes and Hamstrings Workout Knee Friendly EPIC III Day 13**

Lesson 15 : **SWEAT MAKER Dumbbell Cardio Full Body Workout EPIC III Day 14**

Lesson 16 : **BADASS BURPEES Full Body Dumbbell Cardio Workout EPIC III Day 15**

Lesson 17 : **SUREFIRE Shoulders Unilateral Workout Dumbbell Delts EPIC III Day 16**

Lesson 18 : **FIERY Bodyweight Dumbbell Lower Body Workout EPIC III Day 17**

Lesson 19 : **ALL ARMS ABS Workout Bodyweight Dumbbells EPIC III Day 18**

Lesson 20 : **SUPER Full Body Workout Dumbbell Supersets EPIC III Day 19**

Lesson 21 : **DEFIANCE Dumbbell HIIT Workout Full Body EPIC III Day 20**

Lesson 22 : **SUMMIT LEG DAY Pyramid Training Leg Workout EPIC III Day 21**

Lesson 23 : **ENDURING Upper Body Workout Complex Training EPIC III Day 22**

Lesson 24 : **SLOW N INTENSE Hamstrings Glute Workout EPIC III Day 23**

Lesson 25 : **FEROCIOUS Full Body Workout Strength Training EPIC III Day 24**

Lesson 26 : **30 Min FAST FURIOUS Full Body HIIT Workout No Equipment EPIC III Day 25**

Lesson 27 : **MUSCLE BUILDING Back and Bicep Workout EPIC III Day 26**

Lesson 28 : **NOTORIOUS No Repeat Squat Workout LEG DAY EPIC III Day 27**

Lesson 29 : **DIAMOND Chest Triceps and Abs Workout Upper Body EPIC III Day 28**

Lesson 30 : **TROJAN TRISETS Full Body Workout Dumbbells EPIC III Day 29**

Lesson 31 : **CARDIO CHAOS Full Body Workout Bodyweight Only EPIC III Day 30**

Lesson 32 : **GIANT Glutes and Hamstrings Sets Workout EPIC III Day 31**

Lesson 33 : **SUPER INTENSE Shoulder Arm Supersets Workout EPIC III Day 32**

Lesson 34 : **DYNAMITE Dynamic Isometric Leg Day Workout EPIC III Day 33**

Lesson 35 : **POWERFUL Pyramid Training Full Body Workout EPIC III Day 34**

Lesson 36 : **EXTREME Tabata HIIT Workout No Repeat No Equipment EPIC III Day 35**

Lesson 37 : **SERIOUS SUPERSETS Chest Tricep Workout Upper Body EPIC III Day 36**

Lesson 38 : **UNLEASHED Unilateral Lower Body Workout EPIC III Day 37**

Lesson 39 : **BIGGER Back and Bicep Workout Unilateral Training EPIC III Day 38**

Lesson 40 : **CORE Calisthenics Full Body Workout NO EQUIPMENT EPIC III Day 39**

Lesson 41 : **30 Minute FRIGHTFUL Dumbbell Cardio HIIT Workout EPIC III Day 40**

Lesson 42 : **ENGAGING Glutes and Core Workout Dumbbells EPIC III Day 41**

Lesson 43 : **DISRUPT Full Upper Body Workout Tempo Training EPIC III Day 42**

Lesson 44 : **DROP SET DESTROYER Leg Workout Dumbbells EPIC III Day 43**

Lesson 45 : **emPOWERed Full Body Giant Sets Strength Cardio Workout EPIC III Day 44**

Lesson 46 : **30 Minute EMOM Full Body Cardio HIIT Workout EPIC III Day 45**

Lesson 47 : **PRODIGY Push Ups and Abs Bodyweight Workout EPIC III Day 46**

Lesson 48 : **GIANT Lower Body Workout Glutes Quads Hamstrings EPIC III Day 47**

Lesson 49 : **GIANT Sets Upper Body Workout with Dumbbells CORE EPIC III Day 48**

Lesson 50 : **penULTIMATE Full Body Workout Dumbbell Complexes EPIC III Day 49**

Lesson 51 : **30 Minute CARDIO PARTY HIIT Workout Bodyweight EPIC III Finale**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
business@mindluster.com