Mindluster Platform

About the course Tricep workout with dumbbells at home

Tricep workout with dumbbells course, in this course we will learn about effective exercises focused on building and toning the triceps using dumbbells. The program is designed to target the three heads of the triceps muscle for well-rounded development, enhancing both strength and definition. Weâ€™ll explore a variety of exercises like tricep kickbacks, overhead extensions, close-grip presses, and skull crushers. This course emphasizes proper form, helping prevent injury while maximizing results. With adaptable routines, participants of all fitness levels can benefit, whether aiming to improve muscle endurance or gain strength. Warm-up and cool-down techniques will also be covered to promote recovery and flexibility.

Medical Category's Courses

Course Lesson(10)

Lesson 1 : **20 Min TOTAL QUADS WORKOUT at Home with Dumbbells Caroline Girvan**

Lesson 2 : **10 Min BRACED CORE AND ABS WORKOUT at Home Caroline Girvan**

Lesson 3 : **20 MIN CHEST AND SHOULDERS WORKOUT with Dumbbells No Repeat**

Lesson 4 : **15 MIN TRICEP WORKOUT with Dumbbells No Repeat Caroline Girvan**

Lesson 5 : **20 MIN GLUTES HAMSTRINGS WORKOUT with Dumbbells No Repeat**

Lesson 6 : **10 MIN WEIGHTED ABS Dumbbell Ab Workout Caroline Girvan**

Lesson 7 : **BICEP BLOW UP Biceps Workout at Home with Dumbbells No Repeat**

Lesson 8 : **DIVERSE 30 MIN FULL BODY WORKOUT Dumbbells Bodyweight No Repeat**

Lesson 9 : **CHILLED CARDIO WORKOUT No Equipment No Repeat No Jumping**

Lesson 10 : **THRILLING 30 MIN HIIT WORKOUT at Home No Equipment No Repeat**

Related courses

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for Business Contact
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