Mindluster Platform

About the course Triceps and chest workouts at home

Triceps and chest workouts course, in this course we will explore effective exercises to strengthen the chest and triceps muscles. Youâ€™ll learn key movements like dumbbell chest presses, push-ups, tricep dips, close-grip bench presses, and overhead tricep extensions. These exercises target the upper body, helping to build muscle mass, improve definition, and enhance upper-body strength. The course emphasizes proper form, breathing techniques, and progressive overload to prevent injury and maximize results. Whether your goal is muscle growth, improved endurance, or better performance, this course offers modifications for all fitness levels. Join us to develop a strong chest and well-defined triceps through structured, engaging workouts.

Medical Category's Courses

Course Lesson(5)

Lesson 1 : **45 Min QUAD FOCUSED LEG WORKOUT Strong Lean Series Day 1**

Lesson 2 : **45 Min TRICEPS CHEST WORKOUT Strong Lean Series Day 2**

Lesson 3 : **45 Min GLUTE HAMSTRING WORKOUT Strong Lean Series Day 3**

Lesson 4 : **45 Min BACK SHOULDER WORKOUT Strong Lean Series Day 4**

Lesson 5 : **1 Hour FULL BODY WORKOUT Strong Lean Series Day 5**

Related courses

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Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

for Business Contact
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