Mindluster Platform

About the course Push Ups workout at home

Push Ups workout course, in this course we will focus on one of the most effective bodyweight exercises: the push-up. Youâ€™ll learn various push-up techniques that target not only the chest but also the shoulders, triceps, and core muscles. We will cover different push-up variations, including standard push-ups, incline push-ups, decline push-ups, and wide grip push-ups, allowing you to tailor the workout to your fitness level. The course emphasizes proper form and technique to maximize results while minimizing the risk of injury. Additionally, weâ€™ll explore how to progress your push-up routine, incorporating techniques such as tempo changes and explosive push-ups for increased challenge. Whether you're a beginner or an experienced athlete, this course offers modifications and tips to help you master push-ups and build upper body strength effectively. Join us to unlock the power of push-ups and enhance your overall fitness.

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **POWERFUL Push Up Workout Upper Body No Equipment EPIC Heat Day 48**

Lesson 2 : **PROactive PUSH UP Workout EPIC II Day 43**

Lesson 3 : **10 Min PUSH UP WORKOUT TIPS Beginner to Advanced**

Lesson 4 : **20 Min TRICEP WORKOUT at Home Defined Arms No Equipment**

Lesson 5 : **45 Min TRICEPS CHEST WORKOUT Strong Lean Series Day 2**

Lesson 6 : **10 Min PUSH UP CHALLENGE at Home Workout How many can you do**

Lesson 7 : **10 MIN ARMS AND CORE WORKOUT Follow Along No Equipment**

Lesson 8 : **5 Minute Push Ups Workout at Home**

Lesson 9 : **at Home TRICEP WORKOUT with Chair Only**

Related courses

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Pharynx

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General Embryology

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