Mindluster Platform

About the course Dumbbell tricep workout at home

Dumbbell tricep workout course, in this course youâ€™ll explore effective exercises designed to target and strengthen your triceps, the muscles on the back of your upper arms. This course covers essential movements such as tricep kickbacks, overhead extensions, and close-grip presses, focusing on proper form and technique to maximize results and prevent injury. Youâ€™ll learn how to create structured routines using dumbbells of varying weights, ensuring gradual muscle growth and improved endurance. Whether your goal is toning, building muscle, or increasing upper-body strength, this course offers scalable workouts suitable for all levels. By the end, you'll enhance arm definition and develop stronger triceps to support everyday movements and athletic performance.

Medical Category's Courses

Course Lesson(21)

Lesson 1 : **30 Minute Full Body HIIT with Weights Low Impact Pyramid**

Lesson 2 : **35 Minute Full Body Dumbbell HIIT Workout Intense Pyramid**

Lesson 3 : **30 Minute Dumbbell Tricep Workout Strong Toned Arms**

Lesson 4 : **30 Minute Bodyweight HIIT Advanced Full Body HIIT with Beginner Modifications**

Lesson 5 : **40 Minute Dumbbell Strength Kickboxing Circuits Strength Cardio**

Lesson 6 : **LIVE New Year Workout 30 Minute Athletic HIIT Workout Full Body Dumbbell HIIT**

Lesson 7 : **30 Minute Leg Workout At Home Bodyweight Zero30 Day 3**

Lesson 8 : **20 Minute Bicep Workout with Dumbbells**

Lesson 9 : **35 Minute TOTAL BODY HIIT Workout with Weights HIITStrong 35 Day 10**

Lesson 10 : **35 Minute Lower Body Dumbbell Workout Slow Burn**

Lesson 11 : **35 Minute Unilateral Leg Workout**

Lesson 12 : **35 Minute Dumbbell Cardio Abs Core Conditioning 1 SplitStrong 35 DAY 5**

Lesson 13 : **35 Minute INTENSE Full Body Strength HIIT Home Workout Dumbbells**

Lesson 14 : **40 Minute Booty Building Butt Workout**

Lesson 15 : **35 Minute FULL BODY HIIT Workout with Dumbbells HIITStrong 35 Day 5**

Lesson 16 : **30 Minute Full Body Workout With Dumbbells HIIT Pyramid**

Lesson 17 :
45 Minute KETTLEBELL WORKOUT or Single Dumbbell Workout Full Body Pyramid No Jumping

Lesson 18 : **40 Minute EMOM Workout Full Body Dumbbell**

Lesson 19 :
45 Minute LEG DAY Workout for Women At Home Dumbbell Workout that Burns 500 Calories

Lesson 20 : **45 Minute FULL BODY Dumbbell Strength Training Intense Pyramid Workout**

Lesson 21 : **50 Minute Full Body PYRAMID Workout Intense Dumbbell HIIT**

Related courses

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