

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BARNER DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>2. OVERHEAD TRICEP PRESS</b> Dumbbell exercise for triceps.
 <b>3. DORTMAN DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>4. TRICEP KICKBACK</b> Dumbbell exercise for triceps.
 <b>5. BICEP CURL TO PRESS</b> Dumbbell exercise for biceps and triceps.	 <b>6. BICEP PUMP-UP</b> Dumbbell exercise for biceps.

*Home Workout Plan*  
**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. GOBBY SQUAT</b> Bodyweight exercise for quads and hamstrings.	 <b>2. BRIDGEMAN DESEALTY</b> Bodyweight exercise for quads and hamstrings.
 <b>3. STEP-BACK LUNGE</b> Bodyweight exercise for quads and hamstrings.	 <b>4. WALL SIT</b> Bodyweight exercise for quads.
 <b>5. STAMMING LEG CURL</b> Bodyweight exercise for hamstrings.	 <b>6. BOMB SQUAT PUNCH</b> Bodyweight exercise for quads and hamstrings.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Core exercise for stability.	 <b>2. SEATED RUSSIAN TWIST</b> Core exercise for stability.
 <b>3. PLANK ON ELBOWS</b> Core exercise for stability.	 <b>4. BIRD-DOG</b> Core exercise for stability.
 <b>5. PLUTTER BICYCLE</b> Core exercise for stability.	 <b>6. BIRD-YOGA BEACH</b> Core exercise for stability.

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**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Dumbbell exercise for shoulders.	 <b>2. SHOULDER PRESS</b> Dumbbell exercise for shoulders.
 <b>3. FRONT RAISE</b> Dumbbell exercise for shoulders.	 <b>4. BOMB ARMS</b> Dumbbell exercise for shoulders.
 <b>5. INVERTED BOW</b> Dumbbell exercise for shoulders.	 <b>6. SHOULDER CARDS</b> Dumbbell exercise for shoulders.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Bodyweight exercise for core and stability.	 <b>2. STANDING KNEE RAISE</b> Bodyweight exercise for core and stability.
 <b>3. BOMB SQUAT</b> Bodyweight exercise for quads and hamstrings.	 <b>4. STEP-UP</b> Bodyweight exercise for quads and hamstrings.
 <b>5. FIRE HYDRANT</b> Bodyweight exercise for glutes and hamstrings.	 <b>6. WALL BUNTS BRIDGE HOLD</b> Bodyweight exercise for core and stability.

*Home Workout Plan*  
**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Bodyweight exercise for chest.	 <b>2. SUPERMAN HOLD</b> Bodyweight exercise for back.
 <b>3. BENT-OVER BOMB</b> Bodyweight exercise for chest and back.	 <b>4. WALL PUMP-UP</b> Bodyweight exercise for chest and back.
 <b>5. CHEST FLY ON FLOOR</b> Bodyweight exercise for chest.	 <b>6. DR. PULLOVER</b> Bodyweight exercise for chest and back.

# Beginner Friendly Home Workout Explained For Beginners 7914

**Kathleen Armour**



## **Beginner Friendly Home Workout Explained For Beginners 7914:**

The Top Books of the Year Beginner Friendly Home Workout Explained For Beginners 7914 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthraling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Beginner Friendly Home Workout Explained For Beginners 7914 : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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