

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BARNER CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>2. OVERHEAD TRICEP PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells overhead. Press the dumbbells up towards the ceiling.
 <b>3. DORTMAN CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>4. TRICEP KICKBACK</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.
 <b>5. BICEP CURL TO PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>6. BICEP PUSH-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>2. BRIDGEMAN DESEALTY</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.
 <b>3. STEP-BACK LUNGE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>4. WALL SIT</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.
 <b>5. STAMMING LEG CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>6. BONE SQUAT PUNCH</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.

*Home Workout Plan*  
**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>2. SEATED RUSSIAN TWIST</b> <small>30 seconds</small> Sit on the floor with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 <b>3. PLANK ON ELBOWS</b> <small>30 seconds</small> Lie on your side with your elbows on the floor and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>4. BIRD-DOG</b> <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 <b>5. PLUTTER KICKS</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. BIRD-YOGA BEACH</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>2. SHOULDER PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.
 <b>3. FRONT RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>4. BONE ARMWAVE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.
 <b>5. WRENSY BOW</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>6. SHOULDER CIRCLES</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>2. STANDING KNEE RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.
 <b>3. BONE SQUAT</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>4. STEP-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.
 <b>5. FIRE HYDRANT</b> <small>30 seconds</small> Lie on your side with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. WALL BUNNY BRIDGE</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>2. SUPERMAN HOLD</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 <b>3. BENT-OVER BOW</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.	 <b>4. WALL PUSH-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up towards your chest.
 <b>5. CHEST FLY ON FLOOR</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. ON FLOOR</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

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## **Beginner Friendly Home Workout Online For Students:**

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