

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICIPITS & TRICEPS**

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner overhead and press it up.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Squat down.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lunge down.	 <b>4. WALL SIT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lean back against a wall and sit down.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Curl the banner up.	 <b>6. BENCH SQUAT THRUST</b> Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Thrust up.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs up.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. Twist your torso.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Lie on your stomach with elbows on the floor. Lift your hips up.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Lie on your stomach with elbows on the floor. Lift your arms and legs up.
 <b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs up.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs up.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner up.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Press the banner up.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner up.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Pull the banner up.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner up.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BUNDS</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs up.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner up.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Step up.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side with knees bent and feet flat on the floor. Lift your legs up.	 <b>6. BENCH SQUAT BUNDS</b> Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Press the banner up.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your stomach with elbows on the floor. Lift your arms and legs up.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up.	 <b>4. BENCH PUSH-UP</b> Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms up.	 <b>6. BENCH PULLOVER</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms up.

# Beginner Friendly Home Workout Explained

**Ishwar Yadav**



## **Beginner Friendly Home Workout Explained:**

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