

HOME WORKOUT PLAN

US LETTER, A4, A5 | HIGH QUALITY PRINT | INSTANT DOWNLOAD

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 3. JOYTIAM CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand back up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand back up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 6. BOMB SQUAT PUNCH Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. BEAR HUG Repetitions: 10-15 Hold the banner with both hands, hug yourself, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Hold the banner with both hands, twist side to side.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank on elbows.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, bird-dog position.
 5. PLUTTER HUGS Repetitions: 10-15 Hold the banner with both hands, hug yourself, then lower it back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Hold the banner with both hands, bird-yoga beach position.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise side to side.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press up.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise front to front.	 4. BOMB ARMOUR Repetitions: 10-15 Hold the banner with both hands, bomb armour position.
 5. WRECKIT BOW Repetitions: 10-15 Hold the banner with both hands, wreckit bow position.	 6. SHOULDER CARDS Repetitions: 10-15 Hold the banner with both hands, shoulder cards position.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BOMB BRIDGE Repetitions: 10-15 Hold the banner with both hands, bridge up.	 2. STANDING KICKBACK Repetitions: 10-15 Hold the banner with both hands, kick back.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up.
 5. FIRE STAMMING Repetitions: 10-15 Hold the banner with both hands, fire stamming position.	 6. BOMB BOMB BRIDGE HUG Repetitions: 10-15 Hold the banner with both hands, bomb bomb bridge hug position.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Hold the banner with both hands, chest press on floor.	 2. SUPERMAN HOLD Repetitions: 10-15 Hold the banner with both hands, superman hold position.
 3. BOMB-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, bomb-over bomb position.	 4. BOMB PULL-UP Repetitions: 10-15 Hold the banner with both hands, bomb pull-up position.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Hold the banner with both hands, chest fly on floor position.	 6. BOMB PULLOVER Repetitions: 10-15 Hold the banner with both hands, bomb pullover position.

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Patrick Vollmar



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