

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER CURL Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your elbows and lift the weights towards your shoulders.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Press the weight straight up.
 3. DUMBBELL CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Curl the weights up towards your chest.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights straight back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Curl the weights up and then press them straight up.	 6. BENCH PUSH-UP Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Push your body up from the floor.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Squat down as if sitting on a chair.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lower your body.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and sit down.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one leg and pull the heel towards your buttocks.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Lie on your back on a bench. Squat down and punch your arms up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lower your arms and legs.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. Twist your torso.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach on your elbows. Lift your body up.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach on your elbows. Lift one arm and one leg.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your legs.	 6. BIRD-FLYING BEACH Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Press your arms up.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms straight in front of you.	 4. BENCH ARMS Repetitions: 10-15 Lie on your back on a bench. Lift your arms up.
 5. INVERTED ROW Repetitions: 10-15 Lie on your back on a bench. Pull your arms up.	 6. SHOULDER CARVED Repetitions: 10-15 Lie on your back on a bench. Lift your arms up.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BODY BRIDGE Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your knees up.
 3. BENCH SQUAT Repetitions: 10-15 Lie on your back on a bench. Squat down.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Step up on a bench.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side on your elbows. Lift your leg.	 6. BENCH BATH BATHING Repetitions: 10-15 Lie on your back on a bench. Lift your arms and legs.

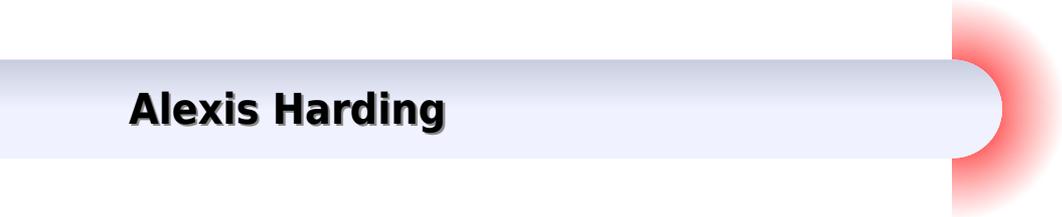
Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Press your arms up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach on your elbows. Lift your arms and legs.
 3. BENCH-OVER BENCH Repetitions: 10-15 Lie on your back on a bench. Lift your arms up.	 4. BENCH PUSH-UP Repetitions: 10-15 Lie on your back on a bench. Push your body up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back on a bench. Pull your arms over your head.

Beginner Friendly Home Workout Explained For Creators 10694

Alexis Harding



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