

# HOME WORKOUT PLAN

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

**DAY 1**

<p><b>1. BARNER DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>	<p><b>2. OVERHEAD TRICEP PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your head.</p>
<p><b>3. JOYTIAN DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>	<p><b>4. TRICEP KICKBACK</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your head.</p>
<p><b>5. BICEP CURL TO PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>	<p><b>6. BICEP PUMP-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>

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

**DAY 2**

<p><b>1. GOBBY SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>	<p><b>2. BRIDGEMAN DESEALTY</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>
<p><b>3. STEP-BACK LUNGE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>	<p><b>4. WALL SIT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>
<p><b>5. STAMMING LEG CURL</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>	<p><b>6. ROMAN SQUAT PUNCH</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>

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

**DAY 3**

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

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

<p><b>1. LATERAL RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>	<p><b>2. SHOULDER PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your head.</p>
<p><b>3. FRONT RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>	<p><b>4. BENCH ARMS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>
<p><b>5. INVERTED ROW</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>	<p><b>6. SHOULDER CARVED</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells up towards your shoulders.</p>

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

<p><b>1. BUNNY BRIDGE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>	<p><b>2. STANDING KNEE RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>
<p><b>3. BENCH SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>	<p><b>4. STEP-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>
<p><b>5. FIRE HYDRANT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>	<p><b>6. WALL SQUAT BRIDGE HOLD</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>

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

**DAY 6**

<p><b>1. FLOOR CHEST PRESS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>	<p><b>2. SUPERMAN HOLD</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>
<p><b>3. BENCH-OVER BENCH</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>	<p><b>4. WALL PUMP-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>
<p><b>5. CHEST FLY ON FLOOR</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>	<p><b>6. ONE-ARMED</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down towards the ground.</p>

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**Zhe Xu**



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## **Table of Contents Beginner Friendly Home Workout Full Tutorial 7289**

1. Understanding the eBook Beginner Friendly Home Workout Full Tutorial 7289
  - The Rise of Digital Reading Beginner Friendly Home Workout Full Tutorial 7289
  - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Full Tutorial 7289
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Beginner Friendly Home Workout Full Tutorial 7289
  - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Full Tutorial 7289
  - Personalized Recommendations
  - Beginner Friendly Home Workout Full Tutorial 7289 User Reviews and Ratings

- Beginner Friendly Home Workout Full Tutorial 7289 and Bestseller Lists
- 5. Accessing Beginner Friendly Home Workout Full Tutorial 7289 Free and Paid eBooks
  - Beginner Friendly Home Workout Full Tutorial 7289 Public Domain eBooks
  - Beginner Friendly Home Workout Full Tutorial 7289 eBook Subscription Services
  - Beginner Friendly Home Workout Full Tutorial 7289 Budget-Friendly Options
- 6. Navigating Beginner Friendly Home Workout Full Tutorial 7289 eBook Formats
  - ePub, PDF, MOBI, and More
  - Beginner Friendly Home Workout Full Tutorial 7289 Compatibility with Devices
  - Beginner Friendly Home Workout Full Tutorial 7289 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Full Tutorial 7289
  - Highlighting and Note-Taking Beginner Friendly Home Workout Full Tutorial 7289
  - Interactive Elements Beginner Friendly Home Workout Full Tutorial 7289
- 8. Staying Engaged with Beginner Friendly Home Workout Full Tutorial 7289
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Beginner Friendly Home Workout Full Tutorial 7289
- 9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Full Tutorial 7289
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Beginner Friendly Home Workout Full Tutorial 7289
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Beginner Friendly Home Workout Full Tutorial 7289
  - Setting Reading Goals Beginner Friendly Home Workout Full Tutorial 7289
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Beginner Friendly Home Workout Full Tutorial 7289
  - Fact-Checking eBook Content of Beginner Friendly Home Workout Full Tutorial 7289
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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