

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER CURL <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 to your chest, then lower them back down.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells overhead. Press the dumbbells up and down, keeping your elbows close to your head.
 3. ZOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Curl the dumbbells up, then rotate your wrists so the palms face each other.	 4. TRICEP KICKBACK <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 and back, then lower them back down.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Curl the dumbbells up to your chest, then press them up overhead.	 6. BICEP PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up and back, then lower them back down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBLET SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your chest. Squat down, then stand back up.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up, then lower them back down.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Step one foot back, then lunge down, then stand back up.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Sit back against a wall, then lower your hips down.
 5. STAMMING LEG CURL <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, then lower them back down.	 6. BONE BONE PUSH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up and back, then lower them back down.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <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 floor, then lower your arms and legs down.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your side with your elbows on the floor and your body in a straight line. Hold this position.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor. Lift your arms and legs up, then lower them back down.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your legs up and down.	 6. BIRD-YOGA REACH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your arms and legs up, then reach your arms and legs up.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Lift the dumbbells up to the side.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your chest. Press the dumbbells up overhead.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Lift the dumbbells up in front of you.	 4. BONE ANCHOR <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up and back, then lower them back down.
 5. WRENCH BOW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Lift the dumbbells up and back, then lower them back down.	 6. SHOULDER CIRCLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Circle the dumbbells up and around.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up, then lower them back down.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Lift one knee up, then lower it back down.
 3. BONE WALK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Walk forward, then backward.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Step one foot up, then lower it back down.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with your knees bent and feet flat on the floor. Lift one leg up, then lower it back down.	 6. WALL BONE BRIDGE HOLD <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up, then hold this position.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Press the dumbbells up from your chest.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with your arms and legs extended. Hold this position.
 3. BENT-OVER BONE <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.	 4. WALL PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up against a wall.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells up and out to the side.	 6. BONE PULLOVER <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift one dumbbell up and over your head.

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