

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER DUMBS Dumbbell exercise for biceps and triceps.	 2. OVERHEAD TRICEP PRESS Dumbbell exercise for triceps.
 3. DUMBBELL DUMBS Dumbbell exercise for biceps and triceps.	 4. TRICEP KICKBACK Dumbbell exercise for triceps.
 5. BICEP CURL TO PRESS Dumbbell exercise for biceps and triceps.	 6. BICEP PULL-UP Dumbbell exercise for biceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT Bodyweight exercise for quads and hamstrings.	 2. BRIDGEMAN DESEALTY Bodyweight exercise for quads and hamstrings.
 3. STEP-BACK LUNGE Bodyweight exercise for quads and hamstrings.	 4. WALL SIT Bodyweight exercise for quads.
 5. STAMMING LEG CURL Bodyweight exercise for hamstrings.	 6. BONE BONE PUNCH Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Core exercise for stability.	 2. SEATED RUSSIAN TWIST Core exercise for stability.
 3. PLANK ON ELBOWS Core exercise for stability.	 4. BIRD-DOG Core exercise for stability.
 5. PLUTTER KICKS Core exercise for stability.	 6. BIRD-YOGA BEACH Core exercise for stability.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Dumbbell exercise for shoulders.	 2. SHOULDER PRESS Dumbbell exercise for shoulders.
 3. FRONT RAISE Dumbbell exercise for shoulders.	 4. BONE ANKLE Dumbbell exercise for shoulders.
 5. INVERTED ROW Dumbbell exercise for shoulders.	 6. SHOULDER CIRCLES Dumbbell exercise for shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS Bodyweight exercise for body focus.	 2. STANDING KNEE RAISE Bodyweight exercise for body focus.
 3. BONE SQUAT Bodyweight exercise for body focus.	 4. STEP-UP Bodyweight exercise for body focus.
 5. FIRE HYDRANT Bodyweight exercise for body focus.	 6. BONE BONE BRIDGE WALK Bodyweight exercise for body focus.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Bodyweight exercise for chest and back.	 2. SUPERMAN HOLD Bodyweight exercise for chest and back.
 3. BONE-OVER BONE Bodyweight exercise for chest and back.	 4. BONE PULL-UP Bodyweight exercise for chest and back.
 5. CHEST FLY ON FLOOR Bodyweight exercise for chest and back.	 6. BONE PULLOVER Bodyweight exercise for chest and back.

Beginner Friendly Home Workout Explained 10189

Patrick Dubin



Beginner Friendly Home Workout Explained 10189:

Beginner Friendly Home Workout Explained 10189 Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Beginner Friendly Home Workout Explained 10189**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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