

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BARNER DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>2. OVERHEAD TRICEP PRESS</b> Dumbbell exercise for triceps.
 <b>3. DUMBBELL DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>4. TRICEP KICKBACK</b> Dumbbell exercise for triceps.
 <b>5. BICEP DUMBS TO PRESS</b> Dumbbell exercise for biceps and triceps.	 <b>6. BICEP PUSH-UP</b> Bodyweight exercise for biceps and triceps.

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

**DAY 2**

 <b>1. BODY SQUAT</b> Bodyweight exercise for quads and hamstrings.	 <b>2. BRIDGEMAN DESEALTY</b> Bodyweight exercise for quads and hamstrings.
 <b>3. STEP-BACK LUNGE</b> Bodyweight exercise for quads and hamstrings.	 <b>4. WALL SIT</b> Bodyweight exercise for quads and hamstrings.
 <b>5. STANDING LEG CURL</b> Bodyweight exercise for hamstrings.	 <b>6. BENCH SQUAT THUMP</b> Bodyweight exercise for quads and hamstrings.

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

**DAY 3**

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

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**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Dumbbell exercise for shoulders.	 <b>2. SHOULDER PRESS</b> Dumbbell exercise for shoulders.
 <b>3. FRONT RAISE</b> Dumbbell exercise for shoulders.	 <b>4. BENCH ARMS</b> Bodyweight exercise for shoulders.
 <b>5. INVERTED ROW</b> Bodyweight exercise for shoulders.	 <b>6. SHOULDER CARVED</b> Bodyweight exercise for shoulders.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BODY BRIDGE</b> Bodyweight exercise for core and glutes.	 <b>2. STANDING KNEE RAISE</b> Bodyweight exercise for core and glutes.
 <b>3. BENCH SQUAT</b> Bodyweight exercise for quads and hamstrings.	 <b>4. STEP-UP</b> Bodyweight exercise for quads and hamstrings.
 <b>5. FIRE HYDRANT</b> Bodyweight exercise for glutes.	 <b>6. WALL SQUAT BRIDGE HOLD</b> Bodyweight exercise for quads and hamstrings.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Bodyweight exercise for chest.	 <b>2. SUPERMAN HOLD</b> Bodyweight exercise for back.
 <b>3. BENCH-OVER BENCH</b> Bodyweight exercise for chest.	 <b>4. WALL PUSH-UP</b> Bodyweight exercise for chest.
 <b>5. CHEST FLY ON FLOOR</b> Bodyweight exercise for chest.	 <b>6. DR. PULLOVER</b> Bodyweight exercise for chest.

# Beginner Friendly Home Workout Online 197 38861

**Marcel A. Müller**



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