

# 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 CURL TO PRESS</b> Dumbbell exercise for biceps and triceps.	 <b>6. BICEP PUMP-UP</b> Dumbbell exercise for biceps.

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

**DAY 2**

 <b>1. GOBBY 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.
 <b>5. STAMMING LEG CURL</b> Bodyweight exercise for hamstrings.	 <b>6. BOUND SQUAT PUNCH</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. SIDE-LYING BEACH</b> Core exercise for stability.

*Home Workout Plan*  
**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> Dumbbell exercise for shoulders.
 <b>5. INVERTED ROW</b> Dumbbell exercise for shoulders.	 <b>6. SHOULDER CIRCLES</b> Dumbbell exercise for shoulders.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BUNDS</b> Bodyweight exercise for body focus.	 <b>2. STANDING KNEE RAISE</b> Bodyweight exercise for body focus.
 <b>3. BOUND SQUAT</b> Bodyweight exercise for body focus.	 <b>4. STEP-UP</b> Bodyweight exercise for body focus.
 <b>5. FIRE HYDRANT</b> Bodyweight exercise for body focus.	 <b>6. WALL SQUAT BRIDGE HOLD</b> Bodyweight exercise for body focus.

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

**DAY 6**

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

# Beginner Friendly Home Workout For Small Business

**Ying-Ying Zheng**



## **Beginner Friendly Home Workout For Small Business:**

## Whispering the Strategies of Language: An Emotional Quest through **Beginner Friendly Home Workout For Small Business**

In a digitally-driven earth where displays reign great and quick conversation drowns out the subtleties of language, the profound secrets and mental subtleties hidden within phrases frequently move unheard. Yet, located within the pages of **Beginner Friendly Home Workout For Small Business** a charming fictional value blinking with natural emotions, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, that marvelous opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within the cloth of each and every word. Within the psychological depths of this touching review, we will embark upon a honest exploration of the book is key themes, dissect their fascinating publishing type, and yield to the powerful resonance it evokes strong within the recesses of readers hearts.

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