

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold a banner with both hands, pull it up towards your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands above your head, then press it up and down.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold a banner with both hands, pull it up towards your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then kick it back behind your head.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then curl it up and press it up.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then push it up and down.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then squat down.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then bridge up.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then lunge back.	 <b>4. WALL SIT</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then sit against a wall.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then curl up.	 <b>6. BENCH SQUAT PUNCH</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then squat and punch.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then pull it up towards your chest.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, hold a banner with both hands, then twist your torso.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Lie on your stomach, hold a banner with both hands, then lift your hips.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Lie on your stomach, hold a banner with both hands, then lift your arms and legs.
 <b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then lift your legs.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then lift your arms and legs.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then raise your arms.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then press it up.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then raise your arms.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then press it up.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then pull it up towards your chest.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then raise your arms.

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**BODY FOCUS**

**DAY 5**

 <b>1. BENCH BRIDGE</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then lift your hips.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then raise your knees.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then squat down.	 <b>4. STEP-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then step up.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side, hold a banner with both hands, then lift your legs.	 <b>6. BENCH SQUAT BRIDGE HOLD</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then lift your hips.

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**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then press it up.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your stomach, hold a banner with both hands, then lift your arms and legs.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then press it up.	 <b>4. BENCH PUSH-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then push it up.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then pull it up towards your chest.	 <b>6. BENCH PULLOVER</b> Repetitions: 10-15 Lie on your back, hold a banner with both hands, then pull it up towards your chest.

# Beginner Friendly Home Workout Step Plan For Creators

**Ying Liu**



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