

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Hold the banner with both hands above your head, press up, then lower it back down.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it up.	 <b>6. BICEP PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand up.	 <b>4. WALL SIT</b> Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand up.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 <b>6. BOMB SQUAT PUNCH</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

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

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, twist to the right, then twist to the left.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands, bird up, then bird down.
 <b>5. PLUTTER BICYCLE</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up to the side, then lower it back down.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up in front, then lower it back down.	 <b>4. BOMB ARMABALL</b> Repetitions: 10-15 Hold the banner with both hands, bomb up, then lower it back down.
 <b>5. WRENSHAW BOW</b> Repetitions: 10-15 Hold the banner with both hands, bow up, then lower it back down.	 <b>6. SHOULDER CARDS</b> Repetitions: 10-15 Hold the banner with both hands, cards up, then lower it back down.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BOMB BRIDGE</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>2. STANDING KICKBACK</b> Repetitions: 10-15 Stand on one leg, kick back, then stand up.
 <b>3. BOMB SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands, step up, then step down.
 <b>5. FIRE STAMMING</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>6. BOMB BOMB BRIDGE</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.
 <b>3. BOMB-OVER BOMB</b> Repetitions: 10-15 Hold the banner with both hands, bomb over, then lower it back down.	 <b>4. BOMB PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up, then lower it back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>6. BOMB PULLOVER</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

# Beginner Friendly Home Workout Explained For Experts 30604

**SJ Ball**



## **Beginner Friendly Home Workout Explained For Experts 30604:**

## **Beginner Friendly Home Workout Explained For Experts 30604** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Beginner Friendly Home Workout Explained For Experts 30604**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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