

HOME WORKOUT PLAN

US LETTER, A4, A5 | HIGH QUALITY PRINT | INSTANT DOWNLOAD

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold a resistance band with both hands, feet under the ends. Pull up towards your chest, squeezing your biceps.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band overhead, extending your arms fully.
 3. JOYTIAM CURL Repetitions: 10-15 Hold a resistance band with both hands, feet under the ends. Pull up towards your chest, squeezing your biceps.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band back and up, squeezing your triceps.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold a resistance band with both hands, feet under the ends. Pull up towards your chest, then push the band overhead.	 6. BICEP PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band up, squeezing your biceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, squeezing your quads.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Push up, squeezing your glutes and hamstrings.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Step back with one foot, then forward.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Sit back against a wall, squeezing your quads.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, squeezing your hamstrings.	 6. BROAD SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then punch the band forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Lower one leg and the opposite arm, then the other.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent, feet flat on the floor. Twist your torso, squeezing your core.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach with elbows on the floor, feet flat on the floor. Hold the plank, squeezing your core.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach with knees bent, feet flat on the floor. Lift one leg and the opposite arm, then the other.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Lift your feet, squeezing your core.	 6. BIRD-FLYING BEACH Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Lift one leg and the opposite arm, then the other.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise the band out to the sides, squeezing your shoulders.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band overhead, squeezing your shoulders.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise the band forward, squeezing your shoulders.	 4. BENCH ANGLES Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band forward and up, squeezing your shoulders.
 5. INVERTED ROW Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, squeezing your shoulders.	 6. SHOULDER CIRCLES Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Move the band in circles, squeezing your shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Push up, squeezing your core.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise one knee, squeezing your core.
 3. BENCH SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, squeezing your quads.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Step up with one foot, then the other.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with knees bent, feet flat on the floor. Lift one leg, squeezing your glutes.	 6. BENCH BUNDS BUNDS Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Push up, squeezing your core.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Push the band up, squeezing your chest.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach with knees bent, feet flat on the floor. Lift your arms and legs, squeezing your back.
 3. BENCH-OVER BENCH Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band forward and up, squeezing your chest.	 4. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band up, squeezing your chest.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Pull the band up towards your chest, squeezing your chest.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with knees bent, feet flat on the floor. Pull the band over your head, squeezing your back.

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