

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells overhead and press them up.
 3. DUMBBELL CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 6. BICEP PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 6. BONE BONE PUSH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your side with your elbows on the floor and feet flat on the floor. Lift your head and shoulders off the ground.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 5. PLUTTER BICYCLE <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 6. BIRD-YOGA BEACH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 4. BONE ANKLE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 5. INVERTED BOW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 6. SHOULDER CIRCLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 3. BONE SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 6. BONE BONE BRIDGE WITH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 3. BONE-OVER BONE <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 4. BONE PUSH-UP <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 6. BONE PULLOVER <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

Beginner Friendly Home Workout Guide

Puja Mehta

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Table of Contents Beginner Friendly Home Workout Guide

1. Understanding the eBook Beginner Friendly Home Workout Guide
 - The Rise of Digital Reading Beginner Friendly Home Workout Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beginner Friendly Home Workout Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Guide
 - Personalized Recommendations
 - Beginner Friendly Home Workout Guide User Reviews and Ratings
 - Beginner Friendly Home Workout Guide and Bestseller Lists

5. Accessing Beginner Friendly Home Workout Guide Free and Paid eBooks
 - Beginner Friendly Home Workout Guide Public Domain eBooks
 - Beginner Friendly Home Workout Guide eBook Subscription Services
 - Beginner Friendly Home Workout Guide Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Home Workout Guide Compatibility with Devices
 - Beginner Friendly Home Workout Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Guide
 - Highlighting and Note-Taking Beginner Friendly Home Workout Guide
 - Interactive Elements Beginner Friendly Home Workout Guide
8. Staying Engaged with Beginner Friendly Home Workout Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Home Workout Guide
9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Home Workout Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Home Workout Guide
 - Setting Reading Goals Beginner Friendly Home Workout Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginner Friendly Home Workout Guide
 - Fact-Checking eBook Content of Beginner Friendly Home Workout Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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