

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

<p>1. BARNER DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>
<p>3. JOYTIAN DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p>4. TRICEP KICKBACK 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells back and up, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>
<p>5. BICEP CURL TO PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p>6. BICEP PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>
<p>3. STEP-BACK LUNGE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Step one foot back and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p>4. WALL SIT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>
<p>5. STAMMING LEG CURL 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p>6. ROMAN SQUAT FOCUS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower one arm and one leg towards the floor, keeping your core tight. Repeat.</p>	<p>2. SEATED RUSSIAN TWIST 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side, keeping your core tight. Repeat.</p>
<p>3. PLANK ON ELBOWS 30 seconds rest</p> <p>Lie on your side with your elbow on the floor and your body in a straight line. Hold this position for the duration of the set.</p>	<p>4. BIRD-DOG 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended. Lift one arm and one leg, keeping your core tight. Repeat.</p>
<p>5. PLUTTER KICKS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your feet and lower them, keeping your core tight. Repeat.</p>	<p>6. BIRD-FLYING BEACH 30 seconds rest</p> <p>Lie on your back with your arms and legs extended. Lift one arm and one leg, keeping your core tight. Repeat.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells out to the sides, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p>2. SHOULDER PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>
<p>3. FRONT RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p>4. BENCH ARMS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>
<p>5. WRENCH BOW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p>6. SHOULDER CARVED 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BRIDGE 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and lower back, keeping your core tight. Repeat.</p>	<p>2. STANDING KNEE RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift one knee towards your chest, keeping your core tight. Repeat.</p>
<p>3. BENCH SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p>4. STEP-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Step one foot up and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>
<p>5. FIRE HYDRANT 30 seconds rest</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift one leg towards the ceiling, keeping your core tight. Repeat.</p>	<p>6. WALL BUNTS BRIDGE HOLD 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and lower back, keeping your core tight. Repeat.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest and lower them, keeping your core tight. Repeat.</p>	<p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended. Lift your arms and legs, keeping your core tight. Repeat.</p>
<p>3. BENT-OVER BOW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p>4. WALL PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest and lower them, keeping your core tight. Repeat.</p>	<p>6. DO PUSHOVER 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest and lower them, keeping your core tight. Repeat.</p>

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Lei Huang



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