

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 a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells overhead, palms facing each other.</p>
<p>3. DORTMAN DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other.</p>	<p>4. TRICEP KICKBACK 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells behind your head, palms facing each other.</p>
<p>5. BICEP CURL TO PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Then, lift the dumbbells overhead, palms facing each other.</p>	<p>6. BICEP PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Then, lift the dumbbells overhead, palms facing each other.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</p>
<p>3. STEP-BACK LUNGE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Step one foot back and lower your body, palms facing each other.</p>	<p>4. WALL SIT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</p>
<p>5. STAMMING LEG CURL 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</p>	<p>6. ROMAN SQUAT FOCUS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</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 your arms and legs towards the floor, palms facing each other.</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, palms facing each other.</p>
<p>3. PLANK ON ELBOWS 30 seconds rest</p> <p>Lie on your stomach, with your elbows on the floor and forearms parallel to each other. Lift your hips and hold the plank position.</p>	<p>4. BIRD-DOG 30 seconds rest</p> <p>Lie on your stomach, with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling, palms facing each other.</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 arms and legs towards the ceiling, palms facing each other.</p>	<p>6. BIRD-YOGA BEACH 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling, palms facing each other.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells out to the sides, palms facing each other.</p>	<p>2. SHOULDER PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells overhead, palms facing each other.</p>
<p>3. FRONT RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells in front of you, palms facing each other.</p>	<p>4. BENCH ARMS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other.</p>
<p>5. INVERTED ROW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</p>	<p>6. SHOULDER CARVED 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</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 hold the bridge position.</p>	<p>2. STANDING KNEE RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift your knees towards your chest, palms facing each other.</p>
<p>3. BENCH SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</p>	<p>4. STEP-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Step one foot up and lower your body, palms facing each other.</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 your hips and hold the fire hydrant position.</p>	<p>6. WALL SQUAT BRIDGE HOLD 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</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 your arms and hold the chest press position.</p>	<p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Lie on your stomach, with your arms and legs extended towards the ceiling. Hold the superman position.</p>
<p>3. BENT-OVER BENCH 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</p>	<p>4. WALL PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body, palms facing each other.</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 your arms and hold the chest fly position.</p>	<p>6. DR. PULLOVER 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your arms and hold the dr. pullover position.</p>

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