

# 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 towards 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 it up, then lower it back down.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards 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 towards your chest, then press it up.	 <b>6. BICEP PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards 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 back 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 back up.	 <b>4. WALL SIT</b> Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand back 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.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, twist your torso, then return to the starting position.
 <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, lift up, then lower it back down.
 <b>5. PLUTTER BICYCLE</b> Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back, pull up towards 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, 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, then lower it back down.	 <b>4. BOMB ARCADE</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.
 <b>5. INVERTED BOW</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>6. SHOULDER CARDS</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand on your feet, pull up towards your chest, then lower it back down.
 <b>3. BOMB SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 <b>6. WALL BUNTS BRIDGE HOLD</b> Repetitions: 10-15 Lie on your back, pull up towards 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 towards your chest, then lower it back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.
 <b>3. BENT-OVER BOW</b> Repetitions: 10-15 Bend over, pull up towards your chest, then lower it back down.	 <b>4. WALL PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 <b>6. BUNTS BRIDGE</b> Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

# Beginner Friendly Home Workout Usa

**M Tight**



## **Beginner Friendly Home Workout Usa:**

## The Enigmatic Realm of **Beginner Friendly Home Workout Usa**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Beginner Friendly Home Workout Usa** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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art in the exhibition on behalf of name on date time and place we cordially invite you to visit this exhibition of art and witness the work of name on date time and place