

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BARNER DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>2. OVERHEAD TRICEP PRESS</b> Dumbbell exercise for triceps.
 <b>3. DUMBBELL DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>4. TRICEP KICKBACK</b> Dumbbell exercise for triceps.
 <b>5. BICEP CURL TO PRESS</b> Dumbbell exercise for biceps and triceps.	 <b>6. BICEP PUSH-UP</b> Bodyweight exercise for biceps and triceps.

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**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. BODY SQUAT</b> Bodyweight exercise for quads and hamstrings.	 <b>2. BRIDGEMAN DESEALTY</b> Bodyweight exercise for quads and hamstrings.
 <b>3. STEP-BACK LUNGE</b> Bodyweight exercise for quads and hamstrings.	 <b>4. WALL SIT</b> Bodyweight exercise for quads and hamstrings.
 <b>5. STANDING LEG CURL</b> Bodyweight exercise for hamstrings.	 <b>6. BENCH SQUAT THRUST</b> Bodyweight exercise for quads and hamstrings.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Core exercise for stability.	 <b>2. SEATED RUSSIAN TWIST</b> Core exercise for stability.
 <b>3. PLANK ON ELBOWS</b> Core exercise for stability.	 <b>4. BIRD-DOG</b> Core exercise for stability.
 <b>5. PLUTTER KICKS</b> Core exercise for stability.	 <b>6. BIRD-DOG REACH</b> Core exercise for stability.

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**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Dumbbell exercise for shoulders.	 <b>2. SHOULDER PRESS</b> Dumbbell exercise for shoulders.
 <b>3. FRONT RAISE</b> Dumbbell exercise for shoulders.	 <b>4. BENCH ARMS</b> Bodyweight exercise for shoulders.
 <b>5. INVERTED ROW</b> Bodyweight exercise for shoulders.	 <b>6. SHOULDER CARVED</b> Bodyweight exercise for shoulders.

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**BODY FOCUS**

**DAY 5**

 <b>1. BODY BRIDGE</b> Bodyweight exercise for core and glutes.	 <b>2. STANDING KNEE RAISE</b> Bodyweight exercise for core and glutes.
 <b>3. BENCH SQUAT</b> Bodyweight exercise for quads and hamstrings.	 <b>4. STEP-UP</b> Bodyweight exercise for quads and hamstrings.
 <b>5. FIRE HYDRANT</b> Bodyweight exercise for glutes.	 <b>6. BENCH BIRTH BARRIER</b> Bodyweight exercise for core and glutes.

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**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Bodyweight exercise for chest.	 <b>2. SUPERMAN HOLD</b> Bodyweight exercise for back.
 <b>3. BENCH-OVER BENCH</b> Bodyweight exercise for chest.	 <b>4. WALL PUSH-UP</b> Bodyweight exercise for chest.
 <b>5. CHEST FLY ON FLOOR</b> Bodyweight exercise for chest.	 <b>6. BENCH PULLOVER</b> Bodyweight exercise for chest.

# Beginner Friendly Home Workout Full Tutorial

**Yijin Wang**



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## **Table of Contents Beginner Friendly Home Workout Full Tutorial**

1. Understanding the eBook Beginner Friendly Home Workout Full Tutorial
  - The Rise of Digital Reading Beginner Friendly Home Workout Full Tutorial
  - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Full Tutorial
  - 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 Full Tutorial
  - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Full Tutorial
  - Personalized Recommendations
  - Beginner Friendly Home Workout Full Tutorial User Reviews and Ratings

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