

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 resistance band with both hands. Bend your knees and pull the band up towards your chest.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.
 3. JOYTIAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.	 6. BICEP PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, pulling the band up towards your chest.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot back and lunge down.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Sit back against a wall with knees bent at a 90-degree angle.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.	 6. BROAD SQUAT PUNCH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down and punch the band forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lower your arms and legs towards the floor.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with knees bent and feet flat on the floor. Twist your torso from side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms on the ground. Lift your hips up.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms on the ground. Lift your hips up.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up.	 6. BIRD-DOG REACH <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms on the ground. Lift your hips up.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your arms out to the sides.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Press your arms up towards the ceiling.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your arms straight in front of you.	 4. BENCH ANGLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your arms straight in front of you.
 5. INVERTED ROW <small>30 seconds</small> Lie on your back with feet flat on the floor and knees bent. Pull the band up towards your chest.	 6. SHOULDER CARVED <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your arms straight in front of you.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your knees up towards your chest.
 3. BENCH SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, pulling the band up towards your chest.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up onto a surface.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with knees bent and feet flat on the floor. Lift your hips up.	 6. BIRD-DOG BRIDGE HOLD <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Press your arms up towards the ceiling.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with arms and legs extended towards the floor. Lift your arms and legs up.
 3. BENT-OVER ROW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend over and pull the band up towards your chest.	 4. WALL PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your arms up towards the ceiling.	 6. DR. PULLOVER <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Pull the band up and over your head, then press it down behind your back.

Beginner Friendly Home Workout Ideas

J Ma



Beginner Friendly Home Workout Ideas:

Decoding **Beginner Friendly Home Workout Ideas**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Beginner Friendly Home Workout Ideas**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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