

HOME WORKOUT PLAN

US LETTER, A4, A5 | HIGH QUALITY PRINT | INSTANT DOWNLOAD

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.
 3. JOYTIAM CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it overhead.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 6. BOMB SQUAT PUNCH Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. BEAR HUG Repetitions: 10-15 Hold the banner with both hands, hug yourself, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Hold the banner with both hands, twist your torso, then lower it back down.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank on your elbows, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift one leg and one arm, then lower it back down.
 5. PLUTTER HUGS Repetitions: 10-15 Hold the banner with both hands, hug yourself, then lower it back down.	 6. BIRD-YOGI BEACH Repetitions: 10-15 Hold the banner with both hands, lift one leg and one arm, then lower it back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise one arm to the side, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press it overhead, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise one arm in front, then lower it back down.	 4. BOMB ARMBOUR Repetitions: 10-15 Hold the banner with both hands, raise one arm, then lower it back down.
 5. INVERTED BOW Repetitions: 10-15 Hold the banner with both hands, invert the banner, then lower it back down.	 6. SHOULDER CARDS Repetitions: 10-15 Hold the banner with both hands, hold the banner like a card, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BOMB BRIDGE Repetitions: 10-15 Hold the banner with both hands, lift your hips, then lower it back down.	 2. STANDING KNEE BEND Repetitions: 10-15 Hold the banner with both hands, bend your knees, then lower it back down.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE STAMMING Repetitions: 10-15 Hold the banner with both hands, stamming, then lower it back down.	 6. BOMB BOMB BOMB BOMB Repetitions: 10-15 Hold the banner with both hands, bomb, then lower it back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Hold the banner with both hands, press it down, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Hold the banner with both hands, hold the banner, then lower it back down.
 3. BOMB-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, bomb over, then lower it back down.	 4. BOMB PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Hold the banner with both hands, fly on floor, then lower it back down.	 6. BOMB PULLOVER Repetitions: 10-15 Hold the banner with both hands, pull over, then lower it back down.

Beginner Friendly Home Workout Explained For Beginners

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Beginner Friendly Home Workout Explained For Beginners:

Beginner Friendly Home Workout Explained For Beginners Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Beginner Friendly Home Workout Explained For Beginners**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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