

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER CURL Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your elbows and lift the weights towards your shoulders.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Press it straight up.
 3. DUMBBELL CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Curl the weights up towards your chest.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights straight back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Curl the weights up and then press them straight up.	 6. BENCH PUSH-UP Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Push your chest up and back.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBLET SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands in front of your chest. Squat down.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lower your body.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean your back against a wall and slide down.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Lift your legs up.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Push your chest up and punch your arms out.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs up.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. Twist your torso.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach on your elbows. Lift your chest up.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach on your elbows. Lift one arm and one leg up.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your legs up.	 6. BIRD-FLYING BEACH Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift one arm and one leg up.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Lift the weights out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Press the weights up.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Lift the weights in front of you.	 4. BENCH ARMS Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Lift your arms up.
 5. INVERTED ROW Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Pull the bar up.	 6. SHOULDER CARVED Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Lift your arms up.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one knee up.
 3. BENCH SQUAT Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Push your chest up.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift one leg up.	 6. BENCH BUNTS BUNDS Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Lift your hips up.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Press the weights up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back with arms and legs up.
 3. BENT-OVER ROW Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your torso and lift the weights.	 4. BENCH PUSH-UP Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Push your chest up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with arms and legs up. Lift your arms up.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back on a bench. Place your feet flat on the floor. Pull the bar up.

Beginner Friendly Home Workout Explained

R Barnett



Beginner Friendly Home Workout Explained:

Whispering the Strategies of Language: An Mental Journey through **Beginner Friendly Home Workout Explained**

In a digitally-driven world wherever displays reign great and immediate communication drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within words usually get unheard. However, nestled within the pages of **Beginner Friendly Home Workout Explained** a fascinating fictional treasure sporting with fresh feelings, lies an extraordinary journey waiting to be undertaken. Penned by a talented wordsmith, that charming opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound influence resonating within the fabric of each word. Within the mental depths of the emotional review, we can embark upon a honest exploration of the book is primary themes, dissect their charming publishing fashion, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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