

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 dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells overhead and press them up.
 3. ZOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 6. BENCH PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 6. BENCH SQUAT PUNCH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your side with your elbow on the floor and your body in a straight line.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 6. BIRD-FLYING BEACH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 4. BENCH ARMS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 5. INVERTED ROW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 6. SHOULDER CARVED <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BENCH BRIDGE <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 3. BENCH SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up towards your chest.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 6. BENCH BATH BATHING <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 3. BENCH-OVER BENCH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 4. BENCH PUSH-UP <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 6. BENCH PULLOVER <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

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