

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

| | |
|--|--|
|  1. BANNER 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. Bend your knees and pull the band up towards your chest. |
|  3. DOTTMAN 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. |  4. TRICEP KICKBACK <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. |
|  5. BICEP CURL TO PRESS <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. |  6. BICEP PULL-UP <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. |

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. Bend your knees and pull the band up towards your chest. |  2. BRIDGEMAN DESEALTY <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. |
|  3. STEP-BACK LUNGE <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. |  4. WALL SIT <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. |
|  5. STAMMING LEG 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. |  6. BOUND SQUAT PUNCH <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. |

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 resistance band with both hands. Bend your knees and pull the band up towards your chest. |  2. SHOULDER PRESS <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. |
|  3. FRONT RAISE <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. |  4. BICEP 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. |
|  5. INVERTED ROW <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. |  6. SHOULDER CARVED <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. |

Home Workout Plan
BODY FOCUS

DAY 5

| | |
|--|---|
|  1. BUNNY BUNDS <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 resistance band with both hands. Bend your knees and pull the band up towards your chest. |
|  3. BOUND SQUAT <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. |  4. STEP-UP <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. |
|  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. WALL SQUAT BRIDGE 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. |

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. BENT-OVER ROW <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. |  4. WALL PULL-UP <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. |
|  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. DR. 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. |

Beginner Friendly Home Workout Explained For Beginners 7914

RD Boyd



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Table of Contents Beginner Friendly Home Workout Explained For Beginners 7914

1. Understanding the eBook Beginner Friendly Home Workout Explained For Beginners 7914
 - The Rise of Digital Reading Beginner Friendly Home Workout Explained For Beginners 7914
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Explained For Beginners 7914
 - 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 Explained For Beginners 7914
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Explained For Beginners 7914
 - Personalized Recommendations
 - Beginner Friendly Home Workout Explained For Beginners 7914 User Reviews and Ratings
 - Beginner Friendly Home Workout Explained For Beginners 7914 and Bestseller Lists

5. Accessing Beginner Friendly Home Workout Explained For Beginners 7914 Free and Paid eBooks
 - Beginner Friendly Home Workout Explained For Beginners 7914 Public Domain eBooks
 - Beginner Friendly Home Workout Explained For Beginners 7914 eBook Subscription Services
 - Beginner Friendly Home Workout Explained For Beginners 7914 Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout Explained For Beginners 7914 eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Home Workout Explained For Beginners 7914 Compatibility with Devices
 - Beginner Friendly Home Workout Explained For Beginners 7914 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Explained For Beginners 7914
 - Highlighting and Note-Taking Beginner Friendly Home Workout Explained For Beginners 7914
 - Interactive Elements Beginner Friendly Home Workout Explained For Beginners 7914
8. Staying Engaged with Beginner Friendly Home Workout Explained For Beginners 7914
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Home Workout Explained For Beginners 7914
9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Explained For Beginners 7914
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Home Workout Explained For Beginners 7914
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Home Workout Explained For Beginners 7914
 - Setting Reading Goals Beginner Friendly Home Workout Explained For Beginners 7914
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginner Friendly Home Workout Explained For Beginners 7914
 - Fact-Checking eBook Content of Beginner Friendly Home Workout Explained For Beginners 7914
 - 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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