

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your elbows and lift the weights towards your shoulders.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Press the weight straight up.
 <b>3. DUMBBELL CURL</b> Repetitions: 10-15 Hold a dumbbell in each hand with your palms facing forward. Bend your elbows and lift the weights.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Bend your torso forward at the hips. Hold a dumbbell in each hand. Lift the weights straight back.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold a dumbbell in each hand. Curl the weights up to your shoulders and then press them straight up.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Place your hands on a flat surface. Lower your body until your chest touches the surface, then push back up.

*Home Workout Plan*  
**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. BODY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lower your body as if sitting on a chair, then stand back up.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips to form a bridge.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Step one foot back and lower your body until both knees are bent at a 90-degree angle.	 <b>4. WALL SIT</b> Repetitions: 10-15 Stand with your back against a wall. Slide your back down the wall until your knees are bent at a 90-degree angle.
 <b>5. STANDING LEG CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and pull your heels towards your buttocks.	 <b>6. BENCH SQUAT PUNCH</b> Repetitions: 10-15 Perform a squat and then punch your arms forward as you stand up.

*Home Workout Plan*  
**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lower your arms and legs towards the floor.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor with your feet flat and knees bent. Twist your torso from side to side.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 30-60 seconds Support your body on your elbows and forearms. Keep your body in a straight line from head to heels.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Crawl on all fours. Lift your opposite arm and leg, holding them parallel to the floor.
 <b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back with knees bent. Lift your feet and lower them back down.	 <b>6. BIRD-FLYING BEACH</b> Repetitions: 10-15 Lie on your back with arms and legs extended. Lift your arms and legs off the floor.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms out to the sides.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Press a dumbbell straight up from your shoulders.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms straight forward.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Lie on your back with your arms extended. Lift your arms off the floor.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Lie on your back with your feet on a bench. Pull your body up towards the bench.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Lie on your back with your arms extended. Lift your arms and rotate them.

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**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BUNDS</b> Repetitions: 10-15 Lie on your back with your feet flat. Lift your hips and knees.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your knees towards your chest.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Place your feet on a bench. Lower your body and then stand back up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Step one foot up onto a bench. Push off with the back foot to lift the front leg.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side with your knees bent. Lift your top leg.	 <b>6. BENCH BUNTS BUNDS WITH</b> Repetitions: 10-15 Place your feet on a bench. Lift your hips and knees.

*Home Workout Plan*  
**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back with your feet flat. Press your arms up from the floor.	 <b>2. SUPERMAN HOLD</b> Repetitions: 30-60 seconds Lie on your stomach with your arms and legs extended. Lift them off the floor.
 <b>3. BENT-OVER ROW</b> Repetitions: 10-15 Bend your torso forward. Pull a dumbbell up towards your chest.	 <b>4. BENCH PUSH-UP</b> Repetitions: 10-15 Place your hands on a bench. Lower your body and then push back up.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back with your feet flat. Lift your arms and bring them together.	 <b>6. ONE-ARMED</b> Repetitions: 10-15 Lie on your back with your feet flat. Lift one arm off the floor.

# Beginner Friendly Home Workout Explained For Creators

**B Lingard**



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## **Table of Contents Beginner Friendly Home Workout Explained For Creators**

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

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