

HOME WORKOUT PLAN

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

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 to your shoulders.	 2. OVERHEAD TRICEP 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 to your shoulders.
 3. DORTMAN 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 to your shoulders.	 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 to your shoulders.
 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 to your shoulders.	 6. BICEP PULL-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 to your shoulders.

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 to your shoulders.	 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 to your shoulders.
 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 to your shoulders.	 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 to your shoulders.
 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 to your shoulders.	 6. BOMB 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 to your shoulders.

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-YOGA 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 to your shoulders.	 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 to your shoulders.
 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 to your shoulders.	 4. BOMB ARMWAVE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up to your shoulders.
 5. WRENSY BOW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up to your shoulders.	 6. SHOULDER CARDS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up to your shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BOMB 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 WALK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lift the dumbbells up to your shoulders.
 3. BOMB 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 to your shoulders.	 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 to your shoulders.
 5. FIRE STAMANT <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. WALL BOMB BRIDGE WALK <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. BOMB OVER BOMB <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. WALL PULL-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. BOMB 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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Marcel A. Müller



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Table of Contents Beginner Friendly Home Workout Full Tutorial For Experts

1. Understanding the eBook Beginner Friendly Home Workout Full Tutorial For Experts
 - The Rise of Digital Reading Beginner Friendly Home Workout Full Tutorial For Experts
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Full Tutorial For Experts
 - 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 Full Tutorial For Experts
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Full Tutorial For Experts
 - Personalized Recommendations
 - Beginner Friendly Home Workout Full Tutorial For Experts User Reviews and Ratings
 - Beginner Friendly Home Workout Full Tutorial For Experts and Bestseller Lists
5. Accessing Beginner Friendly Home Workout Full Tutorial For Experts Free and Paid eBooks

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- Beginner Friendly Home Workout Full Tutorial For Experts Public Domain eBooks
 - Beginner Friendly Home Workout Full Tutorial For Experts eBook Subscription Services
 - Beginner Friendly Home Workout Full Tutorial For Experts Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout Full Tutorial For Experts eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Home Workout Full Tutorial For Experts Compatibility with Devices
 - Beginner Friendly Home Workout Full Tutorial For Experts Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Full Tutorial For Experts
 - Highlighting and Note-Taking Beginner Friendly Home Workout Full Tutorial For Experts
 - Interactive Elements Beginner Friendly Home Workout Full Tutorial For Experts
 8. Staying Engaged with Beginner Friendly Home Workout Full Tutorial For Experts
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Home Workout Full Tutorial For Experts
 9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Full Tutorial For Experts
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Home Workout Full Tutorial For Experts
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Beginner Friendly Home Workout Full Tutorial For Experts
 - Setting Reading Goals Beginner Friendly Home Workout Full Tutorial For Experts
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Beginner Friendly Home Workout Full Tutorial For Experts
 - Fact-Checking eBook Content of Beginner Friendly Home Workout Full Tutorial For Experts
 - 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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hoss science grade 3 275 475 525 566 695
grade 4 230 475 525 578 730
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grade 6 175 475 525 610

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