

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

| | |
|--|--|
| 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. | 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands above your head, then lower it behind your head and press it back up. |
| 3. SOFTMAN CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. | 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift it behind your back and lower it back down. |
| 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, pull up to your chest, then press it overhead. | 6. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then push it up and back down. |

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

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|---|---|
| 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down and stand back up. | 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your hips and lower them back down. |
| 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then step one foot back and lunge down. | 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then sit back against a wall and hold the position. |
| 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift one leg and curl it back. | 6. BENCH SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down and punch the banner forward. |

Home Workout Plan
CORE + STABILITY

DAY 3

| | |
|---|---|
| 1. BEAR HUG Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then hug yourself and hold the position. | 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent, hold the banner with both hands, then twist your torso and hold the position. |
| 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, then hold the position. | 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, then lift one arm and one leg and hold the position. |
| 5. PLUTTER HUGS Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your hips and hold the position. | 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your hips and hold the position. |

Home Workout Plan
SHOULDERS

DAY 4

| | |
|---|--|
| 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift your arms out to the sides. | 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then press it overhead. |
| 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift your arms in front of you. | 4. BENCH ARMS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift your arms and hold the position. |
| 5. INVERTED ROW Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then pull it up to your chest. | 6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift your arms and hold the position. |

Home Workout Plan
BODY FOCUS

DAY 5

| | |
|---|---|
| 1. BENCH BRIDGE Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your hips and hold the position. | 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift one knee and hold the position. |
| 3. BENCH SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down and stand back up. | 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then step one foot up and hold the position. |
| 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with knees bent, hold the banner with both hands, then lift one leg and hold the position. | 6. BENCH SQUAT BENCH WALK Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down and walk forward. |

Home Workout Plan
CHEST & BACK

DAY 6

| | |
|---|---|
| 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then press it up and hold the position. | 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, then lift your arms and legs and hold the position. |
| 3. BENCH-OVER BENCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift one arm and one leg and hold the position. | 4. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then push it up and back down. |
| 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your arms and hold the position. | 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then pull it over your head and hold the position. |

Beginner Friendly Home Workout Explained For Students 134

Rachel Sandford



Beginner Friendly Home Workout Explained For Students 134:

The Top Books of the Year Beginner Friendly Home Workout Explained For Students 134 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have charmed audiences this year.

Beginner Friendly Home Workout Explained For Students 134 : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph.

Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery.

Discover the Magic : Delia Owens' "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting.

These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered.

The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts.

The Secret History is an exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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