

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 3. JOYTIAM CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand back up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand back up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 6. BOMB SQUAT PUNCH Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, bird-dog up, then lower it back down.
 5. PLUTTER HOCKS Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 4. BOMB ARMABO Repetitions: 10-15 Hold the banner with both hands, bomb armabo up, then lower it back down.
 5. WRECKIT BOW Repetitions: 10-15 Hold the banner with both hands, wreckit bow up, then lower it back down.	 6. SHOULDER CARDS Repetitions: 10-15 Hold the banner with both hands, shoulder cards up, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BOMB BRIDGE Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 2. STANDING KICKBACK Repetitions: 10-15 Stand on your feet, pull up towards your chest, then lower it back down.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE STAMANT Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. BOMB BOMB BRIDGE Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.
 3. BOMB-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, bomb-over bomb up, then lower it back down.	 4. BOMB PULL-UP Repetitions: 10-15 Hold the banner with both hands, bomb pull-up up, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. BOMB PULLOVER Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

Beginner Friendly Home Workout Explained For Creators

Charlotte Hayes



Beginner Friendly Home Workout Explained For Creators:

Reviewing **Beginner Friendly Home Workout Explained For Creators**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Beginner Friendly Home Workout Explained For Creators**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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