

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

<p>1. BARNER DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Lower them back down.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells overhead, palms facing each other. Lower them back down.</p>
<p>3. JOYTIAN DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Lower them back down.</p>	<p>4. TRICEP KICKBACK 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells straight back behind your head. Lower them back down.</p>
<p>5. BICEP CURL TO PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Lower them back down.</p>	<p>6. BICEP PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Lower them back down.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>
<p>3. STEP-BACK LUNGE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Step one foot back and lower your body towards the ground. Push back up.</p>	<p>4. WALL SIT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>
<p>5. STAMMING LEG CURL 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>	<p>6. ROMAN SQUAT FOCUS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower one arm and one leg towards the ground. Push back up.</p>	<p>2. SEATED RUSSIAN TWIST 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side.</p>
<p>3. PLANK ON ELBOWS 30 seconds rest</p> <p>Lie on your stomach with your elbows on the floor and your body in a straight line. Hold this position.</p>	<p>4. BIRD-DOG 30 seconds rest</p> <p>Lie on your stomach with your knees bent and feet flat on the floor. Lift one arm and one leg towards the ceiling. Push back up.</p>
<p>5. PLUTTER KICKS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your feet and lower them back down.</p>	<p>6. BIRD-YOGA BEACH 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift one arm and one leg towards the ceiling. Push back up.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells out to the sides.</p>	<p>2. SHOULDER PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells overhead.</p>
<p>3. FRONT RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells straight in front of you.</p>	<p>4. BENCH ARMS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells straight in front of you.</p>
<p>5. INVERTED ROW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells straight in front of you.</p>	<p>6. SHOULDER CARVED 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift the dumbbells straight in front of you.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BRIDGE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>	<p>2. STANDING KNEE RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Lift one knee towards your chest. Push back up.</p>
<p>3. BENCH SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>	<p>4. STEP-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Step one foot up onto a surface. Push back up.</p>
<p>5. FIRE HYDRANT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>	<p>6. WALL SQUAT BRIDGE HOLD 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your chest and lower it back down.</p>	<p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your chest and lower it back down.</p>
<p>3. BENT-OVER ROW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>	<p>4. WALL PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in each hand. Bend your knees and lower your body towards the ground. Push back up.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your chest and lower it back down.</p>	<p>6. DR. PULLOVER 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your chest and lower it back down.</p>

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Richard Bailey



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Table of Contents Beginner Friendly Home Workout Explained 10189 48853

1. Understanding the eBook Beginner Friendly Home Workout Explained 10189 48853
 - The Rise of Digital Reading Beginner Friendly Home Workout Explained 10189 48853
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Explained 10189 48853
 - 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 10189 48853
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Explained 10189 48853
 - Personalized Recommendations
 - Beginner Friendly Home Workout Explained 10189 48853 User Reviews and Ratings
 - Beginner Friendly Home Workout Explained 10189 48853 and Bestseller Lists

5. Accessing Beginner Friendly Home Workout Explained 10189 48853 Free and Paid eBooks
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 - Beginner Friendly Home Workout Explained 10189 48853 eBook Subscription Services
 - Beginner Friendly Home Workout Explained 10189 48853 Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout Explained 10189 48853 eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Home Workout Explained 10189 48853 Compatibility with Devices
 - Beginner Friendly Home Workout Explained 10189 48853 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Explained 10189 48853
 - Highlighting and Note-Taking Beginner Friendly Home Workout Explained 10189 48853
 - Interactive Elements Beginner Friendly Home Workout Explained 10189 48853
8. Staying Engaged with Beginner Friendly Home Workout Explained 10189 48853
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Home Workout Explained 10189 48853
9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Explained 10189 48853
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Home Workout Explained 10189 48853
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Home Workout Explained 10189 48853
 - Setting Reading Goals Beginner Friendly Home Workout Explained 10189 48853
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginner Friendly Home Workout Explained 10189 48853
 - Fact-Checking eBook Content of Beginner Friendly Home Workout Explained 10189 48853
 - 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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