

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

| | |
|--|---|
|  1. BARNER DUMBS <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |  2. OVERHEAD TRICEP PRESS <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells overhead. |
|  3. DORTMAN DUMBS <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |  4. TRICEP KICKBACK <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |
|  5. BICEP CURL TO PRESS <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |  6. BICEP PULL-UP <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

| | |
|--|--|
|  1. GOBBY SQUAT <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |  2. BRIDGEMAN DESEALTY <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |
|  3. STEP-BACK LUNGE <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |  4. WALL SIT <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |
|  5. STAMMING LEG CURL <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |  6. ROMAN SQUAT PUNCH <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |

Home Workout Plan
CORE + STABILITY

DAY 3

| | |
|---|--|
|  1. DEAD BUG <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  2. SEATED RUSSIAN TWIST <small>30 seconds rest</small> Sit on the floor with knees bent and feet flat on the floor. |
|  3. PLANK ON ELBOWS <small>30 seconds rest</small> Lie on your stomach with elbows on the floor and forearms on the floor. |  4. BIRD-DOG <small>30 seconds rest</small> Lie on your stomach with elbows on the floor and forearms on the floor. |
|  5. PLUTTER KICKS <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  6. BIRD-DOG REACH <small>30 seconds rest</small> Lie on your stomach with elbows on the floor and forearms on the floor. |

Home Workout Plan
SHOULDERS

DAY 4

| | |
|---|--|
|  1. LATERAL RAISE <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |  2. SHOULDER PRESS <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |
|  3. FRONT RAISE <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |  4. BENCH ARMS <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |
|  5. INVERTED ROW <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  6. SHOULDER CARVED <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |

Home Workout Plan
BODY FOCUS

DAY 5

| | |
|---|--|
|  1. BUNNY BRIDGE <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  2. STANDING KNEE RAISE <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |
|  3. BENCH SQUAT <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  4. STEP-UP <small>30 seconds rest</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. |
|  5. FIRE HYDRANT <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  6. WALL SITS BRIDGE HOLD <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |

Home Workout Plan
CHEST & BACK

DAY 6

| | |
|---|---|
|  1. FLOOR CHEST PRESS <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  2. SUPERMAN HOLD <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |
|  3. BENCH-OVER BENCH <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  4. WALL PULL-UP <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |
|  5. CHEST FLY ON FLOOR <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |  6. IN PULL-OVER <small>30 seconds rest</small> Lie on your back with knees bent and feet flat on the floor. |

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