

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, squeezing your biceps.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.
 3. DOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, squeezing your biceps.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then press it up and over your head.	 6. BICEP PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it up and over your head.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then stand back up.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot back, then lunge down.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Sit back against a wall with knees bent.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it up and over your head.	 6. ROMAN SQUAT PUNCH <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lower your arms and legs towards the floor.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with knees bent and feet flat on the floor. Twist your torso from side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your side with elbows on the floor and feet flat on the floor. Hold your body in a straight line.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with elbows and knees bent. Push your arms and legs up towards the ceiling.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your feet off the floor.	 6. BIRD-YOGA REACH <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Reach your arms up towards the ceiling.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it up and over your head.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then press it up and over your head.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it up and over your head.	 4. BICEP CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it up and over your head.
 5. INVERTED ROW <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Pull the band up towards your chest.	 6. SHOULDER CIRCLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it up and over your head.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it up and over your head.
 3. BUNNY SQUAT <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up, then step back down.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with knees bent and feet flat on the floor. Push your hips up towards the ceiling.	 6. WALL SITS BRIDGE WITH <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your arms up towards the ceiling.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with arms and legs extended. Lift your arms and legs off the floor.
 3. BENT-OVER ROW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest.	 4. WALL PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your arms up towards the ceiling.	 6. DO PUSHUPS <small>30 seconds</small> Lie on your stomach with arms and legs extended. Push your arms up towards the ceiling.

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RM Cervero



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