

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

| | |
|---|--|
| 1. BARNER CURL Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your elbows and lift the weights towards your shoulders. | 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Press it upwards, extending your arms. |
| 3. DUMBBELL CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights towards your shoulders. | 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights behind your head. |
| 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights towards your shoulders. Then press them upwards. | 6. BENCH PUSH-UP Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell in each hand. Push the weights up, extending your arms. |

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

| | |
|---|---|
| 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and hips, lowering your body towards the ground. | 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent. Lift your hips, forming a bridge. Then perform a deadlift motion. |
| 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lower your body. | 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and lower your body into a sitting position. |
| 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lift your heels towards your buttocks. | 6. BENCH SQUAT PUNCH Repetitions: 10-15 Lie on your back on a bench. Bend your knees and lift your hips. Then perform a punch motion. |

Home Workout Plan
CORE + STABILITY

DAY 3

| | |
|---|--|
| 1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent. Lower your arms and legs towards the ground. | 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent. Twist your torso from side to side. |
| 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach on your elbows. Lift your hips, forming a straight line. | 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach on your elbows. Lift one arm and one leg, holding them parallel to the floor. |
| 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent. Lift your feet and perform a kicking motion. | 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with knees bent. Lift one arm and one leg, holding them parallel to the floor. |

Home Workout Plan
SHOULDERS

DAY 4

| | |
|---|--|
| 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms out to the sides. | 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Press the weights up over your head. |
| 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms straight out in front of you. | 4. BENCH ARMS Repetitions: 10-15 Lie on your back on a bench. Lift your arms straight up. |
| 5. INVERTED ROW Repetitions: 10-15 Lie on your back on a bench. Lift your arms straight up. | 6. SHOULDER CARVED Repetitions: 10-15 Lie on your back on a bench. Lift your arms straight up. |

Home Workout Plan
BODY FOCUS

DAY 5

| | |
|--|--|
| 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back with knees bent. Lift your hips, forming a bridge. | 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one knee towards your chest. |
| 3. BENCH SQUAT Repetitions: 10-15 Lie on your back on a bench. Bend your knees and lift your hips. | 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up onto a bench. |
| 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side on your elbows. Lift one leg, holding it parallel to the floor. | 6. BENCH BUNNY BRIDGE Repetitions: 10-15 Lie on your back on a bench. Bend your knees and lift your hips. |

Home Workout Plan
CHEST & BACK

DAY 6

| | |
|---|---|
| 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back on the floor. Hold a dumbbell in each hand. Press the weights up. | 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach on your elbows. Lift your arms and legs. |
| 3. BENT-OVER ROW Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lift one arm towards your chest. | 4. BENCH PUSH-UP Repetitions: 10-15 Lie on your back on a bench. Push the weights up, extending your arms. |
| 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back on the floor. Hold a dumbbell in each hand. Lift the weights towards your chest. | 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands. Pull it over your head. |

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DP Hallahan



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