

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER 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 straight up.
 3. DUMBBELL CURL Repetitions: 10-15 Hold a dumbbell with one hand. Bend your elbow and lift the weight towards your shoulder.	 4. TRICEP KICKBACK Repetitions: 10-15 Bend your torso forward at the hips. Hold a dumbbell with one hand. Lift it straight back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold a dumbbell with one hand. Curl it up and then press it straight up.	 6. BENCH PUSH-UP Repetitions: 10-15 Place your hands on a bench. Lower your body until your chest touches the bench, then push up.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBLET SQUAT Repetitions: 10-15 Hold a dumbbell with both hands in front of your chest. Squat down, then stand back up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips.
 3. STEP-BACK LUNGE Repetitions: 10-15 Step one foot back and lower your body until both knees are bent at 90 degrees.	 4. WALL SIT Repetitions: 10-15 Stand with your back against a wall. Slide down until your knees are bent at 90 degrees.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one leg and pull the heel towards your buttocks.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Place your hands on a bench. Squat down and punch your arms forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with arms and legs extended. Lower one arm and one leg at a time.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat. Twist your torso from side to side.
 3. PLANK ON ELBOWS Repetitions: 10-15 Support your body on your elbows. Hold the position for 30 seconds.	 4. BIRD-DOG Repetitions: 10-15 Crawl on all fours. Lift one arm and one leg opposite each other.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent. Lift your feet and lower them.	 6. BIRD-DOG REACH Repetitions: 10-15 Crawl on all fours. Reach one arm and one leg forward.

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. Press a dumbbell straight up from your shoulders.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms straight in front of you.	 4. BENCH ARMS Repetitions: 10-15 Place your hands on a bench. Lift your arms straight up.
 5. INVERTED ROW Repetitions: 10-15 Lie under a table. Pull your body up towards the table edge.	 6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms in a circular motion.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS Repetitions: 10-15 Lie on your back with knees bent and feet flat. Lift your hips.	 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 Place your hands on a bench. Squat down and push up.	 4. STEP-UP Repetitions: 10-15 Step one foot onto a bench. Push up with your back leg.
 5. FIRE HYDRANT Repetitions: 10-15 Crawl on all fours. Lift one leg out to the side.	 6. BENCH BUNDS Repetitions: 10-15 Place your hands on a bench. Lift your hips.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with arms extended. Press a dumbbell up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach. Lift your arms and legs.
 3. BENCH-OVER BENCH Repetitions: 10-15 Place your hands on a bench. Lift your body over the bench.	 4. BENCH PUSH-UP Repetitions: 10-15 Place your hands on a bench. Push up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with arms extended. Bring your arms together.	 6. BENCH PULLOVER Repetitions: 10-15 Place your hands on a bench. Pull a dumbbell over your head.

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Léo Pomar



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Table of Contents Beginner Friendly Home Workout Usa

1. Understanding the eBook Beginner Friendly Home Workout Usa
 - The Rise of Digital Reading Beginner Friendly Home Workout Usa
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Usa
 - 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 Usa
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Usa
 - Personalized Recommendations
 - Beginner Friendly Home Workout Usa User Reviews and Ratings
 - Beginner Friendly Home Workout Usa and Bestseller Lists
5. Accessing Beginner Friendly Home Workout Usa Free and Paid eBooks
 - Beginner Friendly Home Workout Usa Public Domain eBooks
 - Beginner Friendly Home Workout Usa eBook Subscription Services

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