

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands above your head, then press it up and down.
 3. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then kick your arms back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then curl it up and press it down.	 6. BICEP PULL-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then pull it up to your chest.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your hips.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then step back with one leg.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then sit against a wall.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then curl your legs up.	 6. BOMB SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down and punch forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your arms and legs.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent, hold the banner with both hands, then twist your torso.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, then lift your hips.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, then lift your arms and legs.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your legs.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your arms and legs.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then raise your arms to the side.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then press it up.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then raise your arms forward.	 4. BOMB ARMWAVE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then wave your arms.
 5. INVERTED BOW Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your arms and legs.	 6. SHOULDER CARDS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then move your arms in a circle.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BOMB BRIDGE Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your hips.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then raise your knees.
 3. BOMB SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then step up with one leg.
 5. FIRE STOMACH Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your arms and legs.	 6. BOMB BOMB BRIDGE WITH Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your hips.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then press it up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, then lift your arms and legs.
 3. BOMB-OVER BOMB Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then move it over your head.	 4. BOMB PULL-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then pull it up to your chest.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then lift your arms.	 6. BOMB PULLOVER Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, then pull it over your head.

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L Cohen



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Suggested Time Students complete an evidence chart as a pre-writing activity. Teachers should ... Answer: Tasks and answers available in the anthology on page 137. • After ... From the Ground Up Generations of pilots owe their fundamental knowledge of flight theory and practice to the publication, From the Ground Up. Re-written and expanded by Aviation ... Aviation from the Ground Up by G. B. Manly First Edition - Cloth - Frederick J. Drake & Co., Chicago - 1929 - Condition: Very Good - 373 pages, many illustrations, mildly soiled. appears to be oil. Aviation From The Ground Up Aviation From The Ground Up ... This is the second revised ed., 1960; ex-lib., with usual marks and labels; 160 p., clean and otherwise unmarked; many period ... Aviation From the Ground Up by Floherty, John. Book details · Print length. 160 pages · Language. English · Publisher. Lippincott, 1950. · Publication date. January 1, 1950 · See all details. Aviation From the Ground Up: A Practical Instruction and ... Aviation From the Ground Up: A Practical Instruction and Reference Work on Aviation and Allied Subjects. By: Manly, G.B.. Price: \$13.50. Aviation from the Ground Up: A Practical Instruction and ... G. B. Manly. 1942 hardcover published by Frederick J. Drake & Co., Chicago. Illustrated with diagrams and black-and-white photographs. From the Ground Up - 30th Edition Aviation Publishers hopes that readers will be satisfied that From the Ground Up remains positioned as the foremost source for aeronautical content worldwide. Aviation from the Ground Up Aviation from the Ground Up: A Practical Instruction and Reference Work on Aviation and Allied Subjects, Including Theory of Flight, Details of Airplane ... Book From The Ground Up From The Ground Up ; Publisher · Aviation Publishers; 29th edition (January 1, 2011) ; Author(s): A.F. MacDonald ; Format · Paperback, 371 pages ; ISBN · 9780973003635. Aviation from the Ground Up by G. B. Manly - 1st Edition Aviation from the Ground Up ; Or just \$18.00 ; About This Item. Chicago, IL: Frederick J. Drake & Co., 1929. 1st Edition . Hardcover. Good-. 8vo - over 7¾ - 9¾" ...