

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press up overhead.
 <b>3. DORTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, kick back towards your head.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands, curl up and press overhead.	 <b>6. BICEP PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest.

*Home Workout Plan*  
**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Hold the banner with both hands, bridge up.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Hold the banner with both hands, lunge back.	 <b>4. WALL SIT</b> Repetitions: 10-15 Hold the banner with both hands, sit against the wall.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Hold the banner with both hands, curl up.	 <b>6. BOMB SQUAT PUNCH</b> Repetitions: 10-15 Hold the banner with both hands, squat and punch.

*Home Workout Plan*  
**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, pull up towards your chest.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, twist your torso.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands, plank up.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands, dog up.
 <b>5. PLUTTER BICYCLE</b> Repetitions: 10-15 Lie on your back, pedal up.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back, yoga up.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press up.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up.	 <b>4. BOMB ARMABALL</b> Repetitions: 10-15 Hold the banner with both hands, bomb up.
 <b>5. INVERTED BOW</b> Repetitions: 10-15 Hold the banner with both hands, bow up.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Hold the banner with both hands, carved up.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, bridge up.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand up, raise up.
 <b>3. BOMB SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands, step up.
 <b>5. FIRE STAMMING</b> Repetitions: 10-15 Hold the banner with both hands, stamming up.	 <b>6. WALL BUNTS BRIDGE HOLD</b> Repetitions: 10-15 Hold the banner with both hands, bridge hold.

*Home Workout Plan*  
**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, press up.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, hold up.
 <b>3. BENT-OVER BOMB</b> Repetitions: 10-15 Bend over, bomb up.	 <b>4. WALL PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, fly up.	 <b>6. DO PULLOVER</b> Repetitions: 10-15 Lie on your back, pull over.

# Beginner Friendly Home Workout Step Plan For Experts

**PT Brinkman**



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