

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER DUMBS Dumbbell exercise for biceps and triceps.	 2. OVERHEAD TRICEP PRESS Dumbbell exercise for triceps.
 3. DUMBBELL DUMBS Dumbbell exercise for biceps and triceps.	 4. TRICEP KICKBACK Dumbbell exercise for triceps.
 5. BICEP CURL TO PRESS Dumbbell exercise for biceps and triceps.	 6. BICEP PUSH-UP Bodyweight exercise for biceps and triceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT Bodyweight exercise for quads and hamstrings.	 2. BRIDGEMAN DESEALTY Bodyweight exercise for quads and hamstrings.
 3. STEP-BACK LUNGE Bodyweight exercise for quads and hamstrings.	 4. WALL SIT Bodyweight exercise for quads and hamstrings.
 5. STANDING LEG CURL Bodyweight exercise for hamstrings.	 6. BENCH SQUAT THIGH Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Core exercise for stability.	 2. SEATED RUSSIAN TWIST Core exercise for stability.
 3. PLANK ON ELBOWS Core exercise for stability.	 4. BIRD-DOG Core exercise for stability.
 5. PLUTTER KICKS Core exercise for stability.	 6. BIRD-FLYING BEACH Core exercise for stability.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Dumbbell exercise for shoulders.	 2. SHOULDER PRESS Dumbbell exercise for shoulders.
 3. FRONT RAISE Dumbbell exercise for shoulders.	 4. BENCH ARMS Bodyweight exercise for shoulders.
 5. INVERTED ROW Bodyweight exercise for shoulders.	 6. SHOULDER CARVED Bodyweight exercise for shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Bodyweight exercise for core and stability.	 2. STANDING KNEE RAISE Bodyweight exercise for core and stability.
 3. BENCH SQUAT Bodyweight exercise for quads and hamstrings.	 4. STEP-UP Bodyweight exercise for quads and hamstrings.
 5. FIRE HYDRANT Bodyweight exercise for glutes and hamstrings.	 6. BENCH SQUAT BRIDGE HOLD Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Bodyweight exercise for chest.	 2. SUPERMAN HOLD Bodyweight exercise for back.
 3. BENCH-OVER BENCH Bodyweight exercise for chest and back.	 4. WALL PUSH-UP Bodyweight exercise for chest.
 5. CHEST FLY ON FLOOR Bodyweight exercise for chest.	 6. BENCH PULLOVER Bodyweight exercise for chest and back.

Beginner Friendly Home Workout Explained For Workers

American Friends Service Committee

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