

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BARNER DUMBS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders.	 <b>2. OVERHEAD TRICEP PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells overhead. Press the dumbbells straight up, extending your arms fully.
 <b>3. DUMBBELL CURLS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders.	 <b>4. TRICEP KICKBACK</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells straight back.
 <b>5. BICEP CURL TO PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then press them straight up.	 <b>6. TRICEP PUSH-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then push them straight up.

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

**DAY 2**

 <b>1. BODY SQUAT</b> <small>30 seconds</small> Stand with feet shoulder-width apart. Bend your knees and hips, lowering your body down.	 <b>2. BRIDGEMAN DESEALTY</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up.
 <b>3. STEP-BACK LUNGE</b> <small>30 seconds</small> Stand with feet shoulder-width apart. Step one foot back and lower your body down.	 <b>4. WALL SIT</b> <small>30 seconds</small> Stand with feet shoulder-width apart. Lean your back against a wall and lower your body down.
 <b>5. STANDING LEG CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lift your heels.	 <b>6. BENCH SQUAT PUNCH</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up and punch your arms straight up.

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

**DAY 3**

 <b>1. DEAD BUG</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lower your arms and legs towards the floor.	 <b>2. SEATED RUSSIAN TWIST</b> <small>30 seconds</small> Sit on the floor with knees bent and feet flat on the floor. Twist your torso from side to side.
 <b>3. PLANK ON ELBOWS</b> <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms on the floor. Lift your hips up.	 <b>4. BIRD-DOG</b> <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the floor. Lift your arms and legs up.
 <b>5. PLANKED HIPS</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up.	 <b>6. BIRD-DOG REACH</b> <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the floor. Lift your arms and legs up, then reach forward.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells out to the sides.	 <b>2. SHOULDER PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Press the dumbbells straight up.
 <b>3. FRONT RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells straight up.	 <b>4. BENCH ARMS</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your arms up.
 <b>5. INVERTED ROW</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your arms up.	 <b>6. SHOULDER CARVED</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells out to the sides.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BODY BRIDGE</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up.	 <b>2. STANDING KNEE RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart. Lift one knee up.
 <b>3. BENCH SQUAT</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up.	 <b>4. STEP-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart. Step one foot up.
 <b>5. FIRE HYDRANT</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift one leg up.	 <b>6. BENCH SQUAT BRIDGE HOLD</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Press your arms up.	 <b>2. SUPERMAN HOLD</b> <small>30 seconds</small> Lie on your back with arms and legs up.
 <b>3. BENCH-OVER BENCH</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your arms up.	 <b>4. WALL PUSH-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart. Lean your back against a wall and lower your body down.
 <b>5. CHEST FLY ON FLOOR</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your arms up.	 <b>6. BENCH PULLOVER</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your arms up.

# Beginner Friendly Home Workout Guide For Creators

**CL Gary**



## **Beginner Friendly Home Workout Guide For Creators:**

## Whispering the Secrets of Language: An Psychological Journey through **Beginner Friendly Home Workout Guide For Creators**

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