

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 the banner with both hands, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 3. JOYTIAM 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 Hold the banner with both hands, pull up to your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it up.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

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

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift up, then lower it back down.
 5. PLUTTER HOCKS Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 4. BOMB ARMWAVE Repetitions: 10-15 Hold the banner with both hands, wave up, then lower it back down.
 5. WRECKIT BOW Repetitions: 10-15 Hold the banner with both hands, bow up, then lower it back down.	 6. SHOULDER CARDS Repetitions: 10-15 Hold the banner with both hands, cards up, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. STANDING KICKBACK Repetitions: 10-15 Stand on one leg, kick back, then return to the starting position.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE STAMMING Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. BOMB BUNNY BRIDGE Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.
 3. BOMB-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, bomb over, then lower it back down.	 4. BOMB PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. BOMB PULLOVER Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

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James Ross



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The A-List Workout Alyssa Shaffer, 2006-11 Ten celebrity trainers present workout routines and fitness tips that can be adapted to individual needs along with dietary advice and recipes for a seven-day meal plan

Los Angeles Magazine, 1996-03 Los Angeles magazine is a regional magazine of national stature Our combination of award-winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

Video Source Book, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how-to instruction

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The Family, 1920 **The Judge**, 1917 [Weekly World News](#), 1995-02-28 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

Normal Instructor, 1913 **Normal Instructor and Teachers World**, 1913 [Own Your Own Home](#), 1925 [American Education](#), 1904 **Manual Training and Vocational Education** Charles Alpheus Bennett, William Thomas Bawden, 1903 [Manual Training Magazine](#), 1903

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