

# HOME WORKOUT PLAN

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

**DAY 1**

<p><b>1. BARNER DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor.</p>	<p><b>2. OVERHEAD TRICEP PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor.</p>
<p><b>3. JOYTIAN DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor.</p>	<p><b>4. TRICEP KICKBACK</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells behind your head, keeping your forearms parallel to the floor.</p>
<p><b>5. BICEP CURL TO PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then press them overhead.</p>	<p><b>6. BICEP PUSH-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then push them up.</p>

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

**DAY 2**

<p><b>1. GOBBY SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>	<p><b>2. BRIDGEMAN DESEALTY</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>
<p><b>3. STEP-BACK LUNGE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Step one foot back and lower your body towards the floor, keeping your back straight.</p>	<p><b>4. WALL SIT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>
<p><b>5. STAMMING LEG CURL</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>	<p><b>6. ROMAN SQUAT PUNCH</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>

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

**DAY 3**

<p><b>1. DEAD BUG</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower your arms and legs towards the floor, keeping your back flat.</p>	<p><b>2. SEATED RUSSIAN TWIST</b> 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side, keeping your feet flat on the floor.</p>
<p><b>3. PLANK ON ELBOWS</b> 30 seconds rest</p> <p>Lie on your stomach with your elbows on the floor and your body in a straight line. Hold this position for the duration of the set.</p>	<p><b>4. BIRD-DOG</b> 30 seconds rest</p> <p>Lie on your stomach with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling, keeping your back flat.</p>
<p><b>5. PLUTTER KICKS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your legs towards the ceiling, keeping your back flat.</p>	<p><b>6. BIRD-YOGA BEACH</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling, keeping your back flat.</p>

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

<p><b>1. LATERAL RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift your arms out to the sides, keeping your back straight.</p>	<p><b>2. SHOULDER PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor.</p>
<p><b>3. FRONT RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift your arms straight out in front of you, keeping your back straight.</p>	<p><b>4. BENCH ARMS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor.</p>
<p><b>5. WRENCH BOW</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor.</p>	<p><b>6. SHOULDER CARVED</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor.</p>

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

<p><b>1. BUNNY BRIDGE</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips towards the ceiling, keeping your back flat.</p>	<p><b>2. STANDING KNEE RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lift your knees towards your chest, keeping your back straight.</p>
<p><b>3. BENCH SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>	<p><b>4. STEP-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Step one foot up and lower your body towards the floor, keeping your back straight.</p>
<p><b>5. FIRE HYDRANT</b> 30 seconds rest</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift your hip towards the ceiling, keeping your back flat.</p>	<p><b>6. WALL SQUAT BRIDGE HOLD</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>

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

**DAY 6**

<p><b>1. FLOOR CHEST PRESS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Bend your elbows and lift the dumbbells towards your chest, keeping your forearms parallel to the floor.</p>	<p><b>2. SUPERMAN HOLD</b> 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended towards the floor. Lift your arms and legs towards the ceiling, keeping your back flat.</p>
<p><b>3. BENCH-OVER BENCH</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>	<p><b>4. WALL PUSH-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight.</p>
<p><b>5. CHEST FLY ON FLOOR</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Bend your elbows and lift the dumbbells towards your chest, keeping your forearms parallel to the floor.</p>	<p><b>6. BENCH PULLOVER</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Bend your elbows and lift the dumbbells towards your chest, keeping your forearms parallel to the floor.</p>

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web in 1939 diesel kiki co ltd was founded under a bosch license for domestic production of fuel injection pumps for diesel engines originally established with an investment from a then major japanese manufacturer of engines for heavy duty vehicles this company was renamed zexel corp in 1990 and reorganized as bosch automotive systems corp

**about zexel dbpedia association** - Mar 13 2023

web it was founded in 1939 as diesel kiki co ltd under a bosch license for domestic production of fuel injection pumps for diesel engines originally established with an investment from isuzu motors ltd a major japanese manufacturer of engines for heavy duty vehicles this company was renamed zexel corp in 1990

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web zexel diesel fuel injection parts founded as diesel kiki co ltd in 1939 the company underwent a world wide name search and complete marketing strategy analysis eventually being renamed as zexel corp in 1990 zexel pumps are the preferred choice by leading japanese vehicle manufacturers such as mitsubishi hino nissan isuzu and

**diesel kiki parts now currently bosch corporation buy auto** - Apr 14 2023

web diesel kiki was a japanese automotive brand established under a bosch license in 1939 the company initially produced fuel injection pumps for domestic diesel engines diesel kiki changed its name to zexel in 1990 robert bosch gmbh purchased most of zexel s shares following which zexel was re organized as bosch automotive systems

*zexel is a japanese auto components manufacturer diesel* - Jun 16 2023

web it was founded in 1939 as diesel kiki co ltd under a bosch license for domestic production of fuel injection pumps for diesel engines originally established with an investment from isuzu motors ltd a major japanese manufacturer of engines for heavy duty vehicles this company was renamed zexel corp in 1990

**history about us nukabe corporation** - Jul 17 2023

web nukabe kinzoku kogyosha established 1957 company name changed to nukabe manufacturing co ltd and company incorporated 1963 started doing business with diesel kiki co ltd currently bosch automotive systems corp jp division 1969 started doing business with jidosha kiki co ltd present bosch automotive systems

**zexel wikipedia** - Sep 19 2023

web zexel is a japanese auto components manufacturer it was founded in 1939 as diesel kiki co ltd under a bosch license for domestic production of fuel injection pumps for diesel engines 1 originally established with an investment from isuzu motors ltd a major japanese manufacturer of engines for heavy duty vehicles this company was

*diesel engine fuel injection pump governor diesel kiki co ltd* - Jul 05 2022

web the present invention relates to a governor for a fuel injection pump for a diesel internal combustion engine it has been proposed in the prior art to provide a governor assembly including a floating lever the position of which is determined by a manual speed control lever and a flyweight assembly and which moves a control rod which controls

**zexel spare parts archives diesel injection pumps** - Jan 11 2023

web zexel vrz pump spare parts zexel was founded in japan by isuzu motors ltd in 1939 as diesel kiki co supplying injection pumps under licence from robert bosch gmbh in 1990 the company was renamed zexel and in 2000

**want to sale governor for diesel kiki** - Mar 01 2022

web may 17 2023 want to sale governor for diesel kiki engine and spares for sale diesel kiki now known as zexel is a japanese auto components manufacturer originally established as diesel kiki co ltd it was a part of bosch a german multinational engineering and technology company and was rebranded as bosch automotive

*yakıt verimli ve uzun Ömürlü dizel kiki co ltd alibaba com* - Aug 06 2022

web alibaba com da sessiz ve verimli çalışan yüksek kaliteli dizel kiki co ltd satın alın harika güç çıkışları ve torkları ile iyi tasarlanmış dizel kiki co ltd sipariş edin

diesel kiki co ltd patent patent application portfolio analysis - Oct 08 2022

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**fuel injection apparatus for diesel engines diesel kiki co ltd** - Jun 04 2022

web a diesel engine system 1 has a fuel injection pump 3 for supplying fuel to a multi cylinder diesel engine 2 and the fuel from the fuel injection pump 3 is supplied to the cylinders of the diesel engine 2 through respective injection pipes

**patents assigned to diesel kiki co ltd** - Sep 07 2022

web feb 10 1993 assignee diesel kiki co ltd inventors masuhiro ohtsuka hiromi kono apparatus for controlling compressor of automobile air conditioner

diesel kiki co ltd company profile technical - Nov 09 2022

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