

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BARNER CURL</b> Dumbbell curl	 <b>2. OVERHEAD TRICEP PRESS</b> Dumbbell press
 <b>3. DUMBBELL CURL</b> Dumbbell curl	 <b>4. TRICEP KICKBACK</b> Dumbbell kickback
 <b>5. BICEP CURL TO PRESS</b> Dumbbell curl to press	 <b>6. BENCH PUSH-UP</b> Dumbbell bench push-up

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**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. GOBBY SQUAT</b> Dumbbell squat	 <b>2. BRIDGEMAN DESEALTY</b> Dumbbell squat
 <b>3. STEP-BACK LUNGE</b> Dumbbell lunge	 <b>4. WALL SIT</b> Dumbbell wall sit
 <b>5. STAMMING LEG CURL</b> Dumbbell leg curl	 <b>6. ROMAN SQUAT PUNCH</b> Dumbbell squat punch

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Dumbbell dead bug	 <b>2. SEATED RUSSIAN TWIST</b> Dumbbell Russian twist
 <b>3. PLANK ON ELBOWS</b> Dumbbell plank on elbows	 <b>4. BIRD-DOG</b> Dumbbell bird-dog
 <b>5. PLUTTER KICKS</b> Dumbbell flutter kicks	 <b>6. BIRD-FLYING BEACH</b> Dumbbell bird-flying beach

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**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Dumbbell lateral raise	 <b>2. SHOULDER PRESS</b> Dumbbell shoulder press
 <b>3. FRONT RAISE</b> Dumbbell front raise	 <b>4. BENCH ARMS</b> Dumbbell bench arms
 <b>5. INVERTED ROW</b> Dumbbell inverted row	 <b>6. SHOULDER CARVED</b> Dumbbell shoulder carved

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**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Dumbbell bunny bridge	 <b>2. STANDING KNEE RAISE</b> Dumbbell standing knee raise
 <b>3. BUNNY SQUAT</b> Dumbbell bunny squat	 <b>4. STEP-UP</b> Dumbbell step-up
 <b>5. FIRE HYDRANT</b> Dumbbell fire hydrant	 <b>6. WALL BUNNY BRIDGE HOLD</b> Dumbbell wall bunny bridge hold

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**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Dumbbell floor chest press	 <b>2. SUPERMAN HOLD</b> Dumbbell superman hold
 <b>3. BENT-OVER ROW</b> Dumbbell bent-over row	 <b>4. WALL PUSH-UP</b> Dumbbell wall push-up
 <b>5. CHEST FLY ON FLOOR</b> Dumbbell chest fly on floor	 <b>6. ONE-ARMED OVERHEAD</b> Dumbbell one-armed overhead

# Beginner Friendly Home Workout Step Plan For Creators

**Lei Shi**



## **Beginner Friendly Home Workout Step Plan For Creators:**

The Enigmatic Realm of **Beginner Friendly Home Workout Step Plan For Creators**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Beginner Friendly Home Workout Step Plan For Creators** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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