

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards 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. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 6. BENCH PUSH-UP Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

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

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, lean back, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, lean on your elbows, then lift your hips.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lean forward, then lift your back leg.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 6. BIRD-YOGI BEACH Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise your arms out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press it up towards your head.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise your arms in front of you.	 4. BENCH ARMS Repetitions: 10-15 Hold the banner with both hands, lean back, then lift your arms.
 5. INVERTED ROW Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest.	 6. SHOULDER CARVED Repetitions: 10-15 Hold the banner with both hands, lean back, then lift your arms.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BENCH BRIDGE Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your hips.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand on your feet, pull your knees up towards your chest.
 3. BENCH SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then step back down.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side, pull your knee up towards your chest.	 6. BENCH BATH BATHING BIRD Repetitions: 10-15 Lie on your back, pull your knees up towards your chest.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then press the banner up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your arms.
 3. BENCH-OVER BENCH Repetitions: 10-15 Hold the banner with both hands, lean back, then lift your arms.	 4. BENCH PUSH-UP Repetitions: 10-15 Hold the banner with both hands, lean back, then lift your arms.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your arms.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your arms.

Beginner Friendly Home Workout Guide For Creators

Katrin Zwirglmaier



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