

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.
 3. ZOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl the band up, then rotate your wrists and pull the band up.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up, then kick your feet back.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl the band up, then press it overhead.	 6. BICEP PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band up, then pull it down towards your chest.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then pull the band up.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band up, then pull it down.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot back, then pull the band up.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Sit against a wall, then pull the band up.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then curl your leg.	 6. BONE SQUAT PUNCH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then punch the band up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then lower your legs.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor, holding a resistance band with both hands. Twist your torso, then pull the band up.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your elbows, holding a resistance band with both hands. Pull the band up, then hold it steady.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach, holding a resistance band with both hands. Pull the band up, then lift your legs.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then kick your legs.	 6. BIRD-YOGA REACH <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then reach your arms up.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then raise your arms.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then press it overhead.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then raise your arms forward.	 4. BICEP CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then curl your arms.
 5. INVERTED ROW <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then row it towards your chest.	 6. SHOULDER CIRCLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then move your arms in circles.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then lift your legs.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then raise your knees.
 3. BONE SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then pull the band up.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up, then pull the band up.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side, holding a resistance band with both hands. Pull the band up, then lift your leg.	 6. WALL BUNTS BUNDS WITH <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then lift your legs.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then press it forward.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach, holding a resistance band with both hands. Pull the band up, then lift your arms and legs.
 3. BENT-OVER ROW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend over, then pull the band up.	 4. WALL PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band up, then pull it down.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then fly your arms out.	 6. ON FLOOR <small>30 seconds</small> Lie on your back, holding a resistance band with both hands. Pull the band up, then hold it steady.

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