

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, palms facing each other. Bend your elbows and lift the banner towards your chest.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head, palms facing each other. Press the banner straight up.
 3. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, palms facing each other. Bend your knees and lift the banner towards your chest.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your knees and lift the banner straight back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your elbows and lift the banner towards your chest, then press it straight up.	 6. BENCH PUSH-UP Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up until your chest is just above the banner.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Squat down until your thighs are parallel to the floor.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips until your thighs are parallel to the floor.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lower your body until both knees are bent at a 90-degree angle.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean your back against a wall and slide down until your thighs are parallel to the floor.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your knees and lift the banner towards your chest.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up and punch the banner forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders off the floor.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. Lean back slightly and twist your torso from side to side.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach with elbows on the floor and forearms parallel to the floor. Lift your hips until your body is in a straight line.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach with elbows on the floor and forearms parallel to the floor. Lift one arm and one leg at the same time.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders off the floor.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders off the floor.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner straight out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Press the banner straight up.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner straight out in front of you.	 4. BENCH ARMS Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up until your chest is just above the banner.
 5. INVERTED ROW Repetitions: 10-15 Tie the banner to a pull-up bar. Hang from the banner with your arms straight out in front of you.	 6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner straight out to the sides.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders off the floor.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift your knees towards your chest.
 3. BENCH SQUAT Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up until your chest is just above the banner.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Step one foot up onto a step.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with knees bent and feet flat on the floor. Lift one leg towards the ceiling.	 6. BENCH SQUAT BENCH WALK Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up and walk the banner forward.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders off the floor.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach with elbows on the floor and forearms parallel to the floor. Lift one arm and one leg at the same time.
 3. BENCH-OVER BENCH Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up until your chest is just above the banner.	 4. BENCH PUSH-UP Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up until your chest is just above the banner.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders off the floor.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders off the floor.

Beginner Friendly Home Workout 6073

Ying Liu



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The Top Books of the Year Beginner Friendly Home Workout 6073 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels enthraling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. Beginner Friendly Home Workout 6073 : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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che porta i doni delle feste ai bambini riduci carattere ingrandisci carattere stampa la pagina

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