

HOME WORKOUT PLAN

US LETTER, A4, A5 | HIGH QUALITY PRINT | INSTANT DOWNLOAD

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 shoulders.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift the banner overhead and press it down.
 3. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, palms facing each other. Bend your elbows and lift the banner towards your shoulders.	 4. TRICEP KICKBACK 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 behind your head.
 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 shoulders, then press it overhead.	 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 and lower down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and hips, lowering your body towards the ground.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips and lower back towards the ceiling.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lower your body towards the ground.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean your back against a wall and lower your body towards the ground.
 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 towards the ceiling.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. 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 on the ground. Lift your hips and lower back towards the ceiling.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach with knees bent and feet flat on the floor. Lift your head and shoulders towards the ceiling.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders towards the ceiling.	 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 towards the ceiling.

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 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. Lift the banner overhead and press it down.
 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 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 and lower down.
 5. INVERTED ROW Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Pull the banner up towards your chest.	 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 overhead and press it down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BENCH BRIDGE Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips and lower back towards the ceiling.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. 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 and lower down.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up and lift your body.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with knees bent and feet flat on the floor. Lift your hip and lower back towards the ceiling.	 6. BENCH BIRTH BARRIER Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up and lower down.

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 the banner up towards your chest.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach with knees bent and feet flat on the floor. Lift your head and shoulders towards the ceiling.
 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 and lower down.	 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 and lower down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift the banner up towards your chest.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift the banner up towards your chest.

Beginner Friendly Home Workout Explained For Beginners 7914

PT Brinkman



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Table of Contents Beginner Friendly Home Workout Explained For Beginners 7914

1. Understanding the eBook Beginner Friendly Home Workout Explained For Beginners 7914
 - The Rise of Digital Reading Beginner Friendly Home Workout Explained For Beginners 7914
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Explained For Beginners 7914
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beginner Friendly Home Workout Explained For Beginners 7914
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Explained For Beginners 7914
 - Personalized Recommendations
 - Beginner Friendly Home Workout Explained For Beginners 7914 User Reviews and Ratings
 - Beginner Friendly Home Workout Explained For Beginners 7914 and Bestseller Lists
5. Accessing Beginner Friendly Home Workout Explained For Beginners 7914 Free and Paid eBooks
 - Beginner Friendly Home Workout Explained For Beginners 7914 Public Domain eBooks
 - Beginner Friendly Home Workout Explained For Beginners 7914 eBook Subscription Services
 - Beginner Friendly Home Workout Explained For Beginners 7914 Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout Explained For Beginners 7914 eBook Formats

- ePub, PDF, MOBI, and More
 - Beginner Friendly Home Workout Explained For Beginners 7914 Compatibility with Devices
 - Beginner Friendly Home Workout Explained For Beginners 7914 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Explained For Beginners 7914
 - Highlighting and Note-Taking Beginner Friendly Home Workout Explained For Beginners 7914
 - Interactive Elements Beginner Friendly Home Workout Explained For Beginners 7914
 8. Staying Engaged with Beginner Friendly Home Workout Explained For Beginners 7914
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Home Workout Explained For Beginners 7914
 9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Explained For Beginners 7914
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Home Workout Explained For Beginners 7914
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Beginner Friendly Home Workout Explained For Beginners 7914
 - Setting Reading Goals Beginner Friendly Home Workout Explained For Beginners 7914
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Beginner Friendly Home Workout Explained For Beginners 7914
 - Fact-Checking eBook Content of Beginner Friendly Home Workout Explained For Beginners 7914
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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