

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BARNER DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>2. OVERHEAD TRICEP PRESS</b> Dumbbell exercise for triceps.
 <b>3. DOTTMAN DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>4. TRICEP KICKBACK</b> Dumbbell exercise for triceps.
 <b>5. BICEP CURL TO PRESS</b> Dumbbell exercise for biceps and triceps.	 <b>6. BENCH PUSH-UP</b> Push-up exercise for triceps.

*Home Workout Plan*  
**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. GOBBY SQUAT</b> Bodyweight squat exercise for quads and hamstrings.	 <b>2. BRIDGEMAN DESEALTY</b> Bodyweight exercise for quads and hamstrings.
 <b>3. STEP-BACK LUNGE</b> Bodyweight lunge exercise for quads and hamstrings.	 <b>4. WALL SIT</b> Bodyweight exercise for quads.
 <b>5. STAMMING LEG CURL</b> Bodyweight exercise for hamstrings.	 <b>6. BENCH SQUAT THUMP</b> Bodyweight squat exercise for quads and hamstrings.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Core exercise for stability.	 <b>2. SEATED RUSSIAN TWIST</b> Core exercise for stability.
 <b>3. PLANK ON ELBOWS</b> Core exercise for stability.	 <b>4. BIRD-DOG</b> Core exercise for stability.
 <b>5. PLUTTER KICKS</b> Core exercise for stability.	 <b>6. BIRD-FLYING BEACH</b> Core exercise for stability.

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**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Dumbbell exercise for shoulders.	 <b>2. SHOULDER PRESS</b> Dumbbell exercise for shoulders.
 <b>3. FRONT RAISE</b> Dumbbell exercise for shoulders.	 <b>4. BENCH ARMS</b> Bodyweight exercise for shoulders.
 <b>5. INVERTED ROW</b> Bodyweight exercise for shoulders.	 <b>6. SHOULDER CARVED</b> Bodyweight exercise for shoulders.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Bodyweight exercise for core and stability.	 <b>2. STANDING KNEE BRACE</b> Bodyweight exercise for core and stability.
 <b>3. BENCH SQUAT</b> Bodyweight squat exercise for quads and hamstrings.	 <b>4. STEP-UP</b> Bodyweight exercise for quads and hamstrings.
 <b>5. FIRE HYDRANT</b> Bodyweight exercise for glutes and hamstrings.	 <b>6. BENCH BUNNY BRIDGE</b> Bodyweight exercise for core and stability.

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**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Bodyweight exercise for chest.	 <b>2. SUPERMAN HOLD</b> Bodyweight exercise for back.
 <b>3. BENCH-OVER BENCH</b> Bodyweight exercise for chest and back.	 <b>4. BENCH PUSH-UP</b> Bodyweight exercise for chest.
 <b>5. CHEST FLY ON FLOOR</b> Bodyweight exercise for chest.	 <b>6. BENCH PULLOVER</b> Bodyweight exercise for chest and back.

# Beginner Friendly Home Workout Explained For Experts 30604

**D Kirk**



## **Beginner Friendly Home Workout Explained For Experts 30604:**

## **Beginner Friendly Home Workout Explained For Experts 30604** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Beginner Friendly Home Workout Explained For Experts 30604**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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