

# HOME WORKOUT PLAN

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

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

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.
 <b>3. JOYTEAM CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it overhead.	 <b>6. BICEP PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand up.	 <b>4. WALL SIT</b> Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand up.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 <b>6. BOMB SQUAT PUNCH</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

*Home Workout Plan*  
**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, lift your legs and arms, then lower them back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, lean back, and twist your torso.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.
 <b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back, lift your legs, then lower them back down.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back, lift your legs, then lower them back down.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands, lift it to the side, then lower it back down.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands, lift it in front of you, then lower it back down.	 <b>4. BOMB ARMWAVE</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.
 <b>5. INVERTED BOW</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.	 <b>6. SHOULDER CARVE</b> Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it down.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, lift your hips, then lower them back down.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand on one leg, lift the other knee, then lower it back down.
 <b>3. BOMB SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands, step up, then step back down.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side, lift your leg, then lower it back down.	 <b>6. WALL BUNTS BRIDGE WITH</b> Repetitions: 10-15 Lie on your back, lift your hips, then lower them back down.

*Home Workout Plan*  
**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, lift your arms, then press them down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, lift your arms and legs, then hold them up.
 <b>3. BENT-OVER BOW</b> Repetitions: 10-15 Bend over, lift your arms, then lower them back down.	 <b>4. WALL PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, lift your arms, then lower them back down.	 <b>6. DO PULLOVER</b> Repetitions: 10-15 Lie on your back, lift your arms, then lower them back down.

# Beginner Friendly Home Workout Full Tutorial

**Lingjun Ying**



## **Beginner Friendly Home Workout Full Tutorial:**

This book delves into Beginner Friendly Home Workout Full Tutorial. Beginner Friendly Home Workout Full Tutorial is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Beginner Friendly Home Workout Full Tutorial, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Beginner Friendly Home Workout Full Tutorial
    - Chapter 2: Essential Elements of Beginner Friendly Home Workout Full Tutorial
    - Chapter 3: Beginner Friendly Home Workout Full Tutorial in Everyday Life
    - Chapter 4: Beginner Friendly Home Workout Full Tutorial in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Beginner Friendly Home Workout Full Tutorial. This chapter will explore what Beginner Friendly Home Workout Full Tutorial is, why Beginner Friendly Home Workout Full Tutorial is vital, and how to effectively learn about Beginner Friendly Home Workout Full Tutorial.
  3. In chapter 2, the author will delve into the foundational concepts of Beginner Friendly Home Workout Full Tutorial. This chapter will elucidate the essential principles that need to be understood to grasp Beginner Friendly Home Workout Full Tutorial in its entirety.
  4. In chapter 3, the author will examine the practical applications of Beginner Friendly Home Workout Full Tutorial in daily life. This chapter will showcase real-world examples of how Beginner Friendly Home Workout Full Tutorial can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Beginner Friendly Home Workout Full Tutorial in specific contexts. The fourth chapter will explore how Beginner Friendly Home Workout Full Tutorial is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Beginner Friendly Home Workout Full Tutorial. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Beginner Friendly Home Workout Full Tutorial.

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