

# HOME WORKOUT PLAN

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

**DAY 1**

<p><b>1. BARNER DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Lower them back down.</p>	<p><b>2. OVERHEAD TRICEP PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, palms facing each other. Lower them back down.</p>
<p><b>3. JOYTIAN DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Lower them back down.</p>	<p><b>4. TRICEP KICKBACK</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells straight back behind you. Lower them back down.</p>
<p><b>5. BICEP CURL TO PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Press them overhead.</p>	<p><b>6. BICEP PUSH-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, palms facing each other. Push them up.</p>

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

**DAY 2**

<p><b>1. GOBBY SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>	<p><b>2. BRIDGEMAN DESEALTY</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>
<p><b>3. STEP-BACK LUNGE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Step one foot back and lower your body down. Push back up.</p>	<p><b>4. WALL SIT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>
<p><b>5. STAMMING LEG CURL</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>	<p><b>6. ROMAN SQUAT FOCUS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>

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

**DAY 3**

<p><b>1. DEAD BUG</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower your arms and legs towards the floor. Push back up.</p>	<p><b>2. SEATED RUSSIAN TWIST</b> 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side.</p>
<p><b>3. PLANK ON ELBOWS</b> 30 seconds rest</p> <p>Lie on your stomach with your elbows on the floor. Lift your hips and hold the plank position.</p>	<p><b>4. BIRD-DOG</b> 30 seconds rest</p> <p>Lie on your stomach with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling.</p>
<p><b>5. PLUTTER KICKS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your legs and feet towards the ceiling.</p>	<p><b>6. BIRD-YOGA REACH</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling.</p>

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

<p><b>1. LATERAL RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells out to the sides.</p>	<p><b>2. SHOULDER PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead.</p>
<p><b>3. FRONT RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells straight in front of you.</p>	<p><b>4. BENCH ARMS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders.</p>
<p><b>5. WRENCH BOW</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders.</p>	<p><b>6. SHOULDER CIRCLES</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Move your arms in circles.</p>

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

<p><b>1. BUNNY BRIDGE</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and hold the bridge position.</p>	<p><b>2. STANDING KNEE RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift your knees towards your chest.</p>
<p><b>3. BENCH SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>	<p><b>4. STEP-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Step one foot up and lower it back down.</p>
<p><b>5. FIRE HYDRANT</b> 30 seconds rest</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift your legs towards the ceiling.</p>	<p><b>6. WALL SQUAT BRIDGE HOLD</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>

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

**DAY 6**

<p><b>1. FLOOR CHEST PRESS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and feet towards the ceiling.</p>	<p><b>2. SUPERMAN HOLD</b> 30 seconds rest</p> <p>Lie on your stomach with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling.</p>
<p><b>3. BENT-OVER BOW</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>	<p><b>4. WALL PUSH-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and hips, lowering your body down. Push back up.</p>
<p><b>5. CHEST FLY ON FLOOR</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and feet towards the ceiling.</p>	<p><b>6. BIRD FLYER</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling.</p>

# Beginner Friendly Home Workout 6073

**Jicheng Xie**



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