

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, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press up, then lower it back down.
 3. DORTMAN CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it up.	 6. BICEP PULL-UP 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

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

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift up, then lower it back down.
 5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 4. BENCH ARMS Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.
 5. INVERTED ROW Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 6. SHOULDER CARVED Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand on the floor, pull up to your chest, then lower it back down.
 3. BENCH SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. WALL BUNTS BRIDGE WITH Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.
 3. BENT-OVER ROW Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 4. WALL PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. DR. PULLOVER Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Beginner Friendly Home Workout Explained For Students 134

Liying Dong



Beginner Friendly Home Workout Explained For Students 134:

The book delves into Beginner Friendly Home Workout Explained For Students 134. Beginner Friendly Home Workout Explained For Students 134 is an essential topic that needs to 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 Explained For Students 134, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Beginner Friendly Home Workout Explained For Students 134
 - Chapter 2: Essential Elements of Beginner Friendly Home Workout Explained For Students 134
 - Chapter 3: Beginner Friendly Home Workout Explained For Students 134 in Everyday Life
 - Chapter 4: Beginner Friendly Home Workout Explained For Students 134 in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Beginner Friendly Home Workout Explained For Students 134. This chapter will explore what Beginner Friendly Home Workout Explained For Students 134 is, why Beginner Friendly Home Workout Explained For Students 134 is vital, and how to effectively learn about Beginner Friendly Home Workout Explained For Students 134.
 3. In chapter 2, this book will delve into the foundational concepts of Beginner Friendly Home Workout Explained For Students 134. The second chapter will elucidate the essential principles that need to be understood to grasp Beginner Friendly Home Workout Explained For Students 134 in its entirety.
 4. In chapter 3, the author will examine the practical applications of Beginner Friendly Home Workout Explained For Students 134 in daily life. This chapter will showcase real-world examples of how Beginner Friendly Home Workout Explained For Students 134 can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Beginner Friendly Home Workout Explained For Students 134 in specific contexts. The fourth chapter will explore how Beginner Friendly Home Workout Explained For Students 134 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 Explained For Students 134. The final chapter will summarize the key points that have been discussed throughout the book.
- This 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 Explained For Students 134.

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