

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, feet shoulder-width apart. Bend your knees and lift the banner towards your chest.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head. Push the banner upwards.
 3. DOTTMAN CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 6. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with your 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 your elbows on the floor and your body in a straight line.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 4. BENCH ARMS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.
 5. INVERTED ROW Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BENCH BRIDGE Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.
 3. BENCH SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with your knees bent and feet flat on the floor. Lift your hips off the ground.	 6. BENCH BIRTH BARRIER Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground.
 3. BENCH-OVER BENCH Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.	 4. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Bend your knees and lift the banner.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground.

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