

# HOME WORKOUT PLAN

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

**DAY 1**

|   |  |
|---|--|
| <br><b>1. BARNER CURL</b><br>Repetitions: 10-15<br>Hold dumbbells with your palms facing each other. Bend your knees and lift the dumbbells up to your shoulders.         | <br><b>2. OVERHEAD TRICEP PRESS</b><br>Repetitions: 10-15<br>Hold dumbbells with your palms facing each other. Lift the dumbbells up to your head and press them overhead. |
| <br><b>3. DUMBBELL CURL</b><br>Repetitions: 10-15<br>Hold dumbbells with your palms facing each other. Bend your knees and lift the dumbbells up to your shoulders.       | <br><b>4. TRICEP KICKBACK</b><br>Repetitions: 10-15<br>Hold dumbbells with your palms facing each other. Bend your knees and lift the dumbbells up to your shoulders.      |
| <br><b>5. BICEP CURL TO PRESS</b><br>Repetitions: 10-15<br>Hold dumbbells with your palms facing each other. Bend your knees and lift the dumbbells up to your shoulders. | <br><b>6. BENCH PUSH-UP</b><br>Repetitions: 10-15<br>Place your hands on a bench. Bend your knees and lift your body up and down.  |

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

**DAY 2**

|   |  |
|---|--|
| <br><b>1. GOBLET SQUAT</b><br>Repetitions: 10-15<br>Hold a dumbbell with both hands in front of your chest. Bend your knees and lower your body down. | <br><b>2. BRIDGEMAN DESEALTY</b><br>Repetitions: 10-15<br>Lie on your back with your knees bent and feet flat on the floor. Lift your hips up.               |
| <br><b>3. STEP-BACK LUNGE</b><br>Repetitions: 10-15<br>Step one foot back and lower your body down.   | <br><b>4. WALL SIT</b><br>Repetitions: 10-15<br>Sit against a wall with your back flat and feet flat on the floor. Lower your body down.                     |
| <br><b>5. STAMMING LEG CURL</b><br>Repetitions: 10-15<br>Stand with your feet on a step. Bend your knees and lift your body up.                       | <br><b>6. ROMAN SQUAT PUNCH</b><br>Repetitions: 10-15<br>Sit on the floor with your feet flat and knees bent. Lift your body up and punch your arms forward. |

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

**DAY 3**

|  |  |
|--|--|
| <br><b>1. DEAD BUG</b><br>Repetitions: 10-15<br>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and legs up.      | <br><b>2. SEATED RUSSIAN TWIST</b><br>Repetitions: 10-15<br>Sit on the floor with your feet flat and knees bent. Twist your torso side to side.  |
| <br><b>3. PLANK ON ELBOWS</b><br>Repetitions: 10-15<br>Lie on your stomach with your elbows on the floor. Lift your body up.                       | <br><b>4. BIRD-DOG</b><br>Repetitions: 10-15<br>Lie on your stomach with your knees bent and feet flat on the floor. Lift your arms and legs up. |
| <br><b>5. PLUTTER KICKS</b><br>Repetitions: 10-15<br>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and legs up. | <br><b>6. SIDE-YOGG BEACH</b><br>Repetitions: 10-15<br>Lie on your side with your feet flat and knees bent. Lift your body up.                   |

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

|   |   |
|---|---|
| <br><b>1. LATERAL RAISE</b><br>Repetitions: 10-15<br>Hold dumbbells with your palms facing each other. Lift the dumbbells up to your shoulders. | <br><b>2. SHOULDER PRESS</b><br>Repetitions: 10-15<br>Hold dumbbells with your palms facing each other. Lift the dumbbells up to your head and press them overhead. |
| <br><b>3. FRONT RAISE</b><br>Repetitions: 10-15<br>Hold dumbbells with your palms facing each other. Lift the dumbbells up to your shoulders.   | <br><b>4. BENCH ARMS</b><br>Repetitions: 10-15<br>Place your hands on a bench. Bend your knees and lift your body up and down.                                      |
| <br><b>5. INVERTED ROW</b><br>Repetitions: 10-15<br>Lie on your back with your feet flat and knees bent. Lift your body up.                     | <br><b>6. SHOULDER CARVED</b><br>Repetitions: 10-15<br>Lie on your back with your feet flat and knees bent. Lift your body up.                                      |

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

|  |  |
|--|--|
| <br><b>1. BUNNY BUNDS</b><br>Repetitions: 10-15<br>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and legs up. | <br><b>2. STANDING KNEE RAISE</b><br>Repetitions: 10-15<br>Stand with your feet flat on the floor. Lift your knees up.                             |
| <br><b>3. BUNNY SQUAT</b><br>Repetitions: 10-15<br>Stand with your feet flat on the floor. Bend your knees and lower your body down.             | <br><b>4. STEP-UP</b><br>Repetitions: 10-15<br>Step one foot up and lift your body up.   |
| <br><b>5. FIRE HYDRANT</b><br>Repetitions: 10-15<br>Lie on your side with your knees bent and feet flat on the floor. Lift your legs up.         | <br><b>6. WALL SITS BRIDGE WITH</b><br>Repetitions: 10-15<br>Sit against a wall with your back flat and feet flat on the floor. Lift your hips up. |

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

**DAY 6**

|   |  |
|---|--|
| <br><b>1. FLOOR CHEST PRESS</b><br>Repetitions: 10-15<br>Lie on your back with your feet flat and knees bent. Lift your arms and legs up. | <br><b>2. SUPERMAN HOLD</b><br>Repetitions: 10-15<br>Lie on your stomach with your feet flat and knees bent. Lift your arms and legs up. |
| <br><b>3. BENT-OVER ROW</b><br>Repetitions: 10-15<br>Bend over with your feet flat and knees bent. Lift your arms up.                     | <br><b>4. WALL PUSH-UP</b><br>Repetitions: 10-15<br>Place your hands on a wall. Bend your knees and lift your body up and down.          |
| <br><b>5. CHEST FLY ON FLOOR</b><br>Repetitions: 10-15<br>Lie on your back with your feet flat and knees bent. Lift your arms up.         | <br><b>6. ONE FINGERED</b><br>Repetitions: 10-15<br>Lie on your back with your feet flat and knees bent. Lift your arms up.              |

# Beginner Friendly Home Workout Step Plan For Experts

**D Keegan**



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