

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

<p>1. BARNER DUMBS 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, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p>3. JOYTIAN DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>4. TRICEP KICKBACK 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells back and up, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p>5. BICEP CURL TO PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>6. BICEP PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p>3. STEP-BACK LUNGE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Step one foot back and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p>4. WALL SIT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p>5. STAMMING LEG CURL 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p>6. ROMAN SQUAT FOCUS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower one arm and one leg towards the floor, keeping your core engaged. Push back up.</p>	<p>2. SEATED RUSSIAN TWIST 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, keeping your core engaged. Push back up.</p>
<p>3. PLANK ON ELBOWS 30 seconds rest</p> <p>Lie on your side with your elbow on the floor and your body in a straight line. Hold the plank for the duration of the set.</p>	<p>4. BIRD-DOG 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended. Lift one arm and one leg towards the ceiling, keeping your core engaged. Push back up.</p>
<p>5. PLUTTER KICKS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your feet and lower them back down, keeping your core engaged. Push back up.</p>	<p>6. BIRD-YOGA BEACH 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift one arm and one leg towards the ceiling, keeping your core engaged. Push back up.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells out to the sides, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>2. SHOULDER PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p>3. FRONT RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>4. BENCH ARMS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p>5. WRENCH BOW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>6. SHOULDER CARVED 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BRIDGE 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips towards the ceiling, keeping your core engaged. Push back up.</p>	<p>2. STANDING KNEE RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift one knee towards the ceiling, keeping your core engaged. Push back up.</p>
<p>3. BENCH SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p>4. STEP-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Step one foot up and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p>5. FIRE HYDRANT 30 seconds rest</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift one leg towards the ceiling, keeping your core engaged. Push back up.</p>	<p>6. WALL BUNTS BRIDGE HOLD 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips towards the ceiling, keeping your core engaged. Push back up.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest. Bend your elbows and lower the dumbbells towards the floor, keeping your back straight. Push back up.</p>	<p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended. Lift your arms and legs towards the ceiling, keeping your core engaged. Push back up.</p>
<p>3. BENT-OVER BOW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p>4. WALL PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest. Bend your elbows and lower the dumbbells towards the floor, keeping your back straight. Push back up.</p>	<p>6. IN FLOOR FLYER 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest. Bend your elbows and lower the dumbbells towards the floor, keeping your back straight. Push back up.</p>

Beginner Friendly Home Workout Explained For Creators

William George Bruce, William Conrad Bruce, Susanna Cocroft

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