

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER DUMBS Dumbbell exercise for biceps and triceps.	 2. OVERHEAD TRICEP PRESS Dumbbell exercise for triceps.
 3. DUMBBELL DUMBS Dumbbell exercise for biceps and triceps.	 4. TRICEP KICKBACK Dumbbell exercise for triceps.
 5. BICEP CURL TO PRESS Dumbbell exercise for biceps and triceps.	 6. BICEP PUSH-UP Bodyweight exercise for biceps and triceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT Bodyweight exercise for quads and hamstrings.	 2. BRIDGEMAN DESEALTY Bodyweight exercise for quads and hamstrings.
 3. STEP-BACK LUNGE Bodyweight exercise for quads and hamstrings.	 4. WALL SIT Bodyweight exercise for quads and hamstrings.
 5. STANDING LEG CURL Bodyweight exercise for hamstrings.	 6. BENCH SQUAT THUMP Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Core exercise for stability.	 2. SEATED RUSSIAN TWIST Core exercise for stability.
 3. PLANK ON ELBOWS Core exercise for stability.	 4. BIRD-DOG Core exercise for stability.
 5. PLUTTER KICKS Core exercise for stability.	 6. BIRD-FLYING BEACH Core exercise for stability.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Dumbbell exercise for shoulders.	 2. SHOULDER PRESS Dumbbell exercise for shoulders.
 3. FRONT RAISE Dumbbell exercise for shoulders.	 4. BENCH ARMS Bodyweight exercise for shoulders.
 5. INVERTED ROW Bodyweight exercise for shoulders.	 6. SHOULDER CARDS Bodyweight exercise for shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BODY BRIDGE Bodyweight exercise for core and glutes.	 2. STANDING KNEE RAISE Bodyweight exercise for core and glutes.
 3. BENCH SQUAT Bodyweight exercise for quads and hamstrings.	 4. STEP-UP Bodyweight exercise for quads and hamstrings.
 5. FIRE HYDRANT Bodyweight exercise for glutes.	 6. BENCH BIRTH BARRIER Bodyweight exercise for core and glutes.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Bodyweight exercise for chest.	 2. SUPERMAN HOLD Bodyweight exercise for back.
 3. BENCH-OVER BENCH Bodyweight exercise for chest.	 4. WALL PUSH-UP Bodyweight exercise for chest.
 5. CHEST FLY ON FLOOR Bodyweight exercise for chest.	 6. BENCH PULLOVER Bodyweight exercise for chest.

Beginner Friendly Home Workout Explained For Beginners

Lauren Gardner



Beginner Friendly Home Workout Explained For Beginners:

Embracing the Beat of Phrase: An Psychological Symphony within **Beginner Friendly Home Workout Explained For Beginners**

In some sort of consumed by screens and the ceaseless chatter of instantaneous communication, the melodic splendor and emotional symphony produced by the written word usually fade into the back ground, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Beginner Friendly Home Workout Explained For Beginners** a wonderful literary prize overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this fascinating masterpiece conducts readers on a mental journey, well unraveling the concealed melodies and profound affect resonating within each carefully constructed phrase. Within the depths of the emotional evaluation, we shall discover the book is central harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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