

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 3. JOYTIAM CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up towards 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 back 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 back up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand back up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 6. BOMB SQUAT PUNCH Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. BEAR WALK Repetitions: 10-15 Hold the banner with both hands, walk on all fours, then stand back up.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Hold the banner with both hands, twist side to side, then stand back up.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank on elbows, then stand back up.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, bird-dog, then stand back up.
 5. PLUTTER KICKS Repetitions: 10-15 Hold the banner with both hands, flutter kick, then stand back up.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Hold the banner with both hands, bird-yoga beach, then stand back up.

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. BOMB ARMWAVE Repetitions: 10-15 Hold the banner with both hands, armwave, then lower it back down.
 5. INVERTED BOW Repetitions: 10-15 Hold the banner with both hands, invert, then lower it back down.	 6. SHOULDER CARDS Repetitions: 10-15 Hold the banner with both hands, cards, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BOMB BRIDGE Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.	 2. STANDING KICKBACK Repetitions: 10-15 Hold the banner with both hands, kick back, then lower it back down.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE STAMMING Repetitions: 10-15 Hold the banner with both hands, stamming, then lower it back down.	 6. BOMB BOMB BRIDGE WALK Repetitions: 10-15 Hold the banner with both hands, bridge walk, then lower it back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Hold the banner with both hands, chest press, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Hold the banner with both hands, superman hold, then lower it back down.
 3. BOMB-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, bomb-over, then lower it back down.	 4. BOMB PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Hold the banner with both hands, chest fly, then lower it back down.	 6. BOMB PULLOVER Repetitions: 10-15 Hold the banner with both hands, pull over, then lower it back down.

Beginner Friendly Home Workout

Aakash Sharma

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Beginner Friendly Home Workout:

Reviewing **Beginner Friendly Home Workout**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Beginner Friendly Home Workout**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Beginner Friendly Home Workout

1. Understanding the eBook Beginner Friendly Home Workout
 - The Rise of Digital Reading Beginner Friendly Home Workout
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beginner Friendly Home Workout
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout
 - Personalized Recommendations
 - Beginner Friendly Home Workout User Reviews and Ratings
 - Beginner Friendly Home Workout and Bestseller Lists

5. Accessing Beginner Friendly Home Workout Free and Paid eBooks
 - Beginner Friendly Home Workout Public Domain eBooks
 - Beginner Friendly Home Workout eBook Subscription Services
 - Beginner Friendly Home Workout Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Home Workout Compatibility with Devices
 - Beginner Friendly Home Workout Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout
 - Highlighting and Note-Taking Beginner Friendly Home Workout
 - Interactive Elements Beginner Friendly Home Workout
8. Staying Engaged with Beginner Friendly Home Workout
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Home Workout
9. Balancing eBooks and Physical Books Beginner Friendly Home Workout
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Home Workout
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Home Workout
 - Setting Reading Goals Beginner Friendly Home Workout
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginner Friendly Home Workout
 - Fact-Checking eBook Content of Beginner Friendly Home Workout
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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