

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICIPITS & TRICEPS**

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then press it up and down.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then kick your arms back.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, pull up to your chest, then press it up.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your stomach with your arms extended, then push up.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then squat down.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Lie on your back with knees bent, hold the banner overhead with both hands, then lift your hips.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then step one foot back.	 <b>4. WALL SIT</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then sit against a wall.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then curl your legs.	 <b>6. BENCH SQUAT PUNCH</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your back with knees bent, then punch your arms up.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back with knees bent, hold the banner overhead with both hands, then lower your arms and legs.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor with knees bent, hold the banner overhead with both hands, then twist your torso.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Lie on your stomach with elbows on the floor, hold the banner overhead with both hands.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Lie on your stomach with knees bent, hold the banner overhead with both hands, then lift your arms and legs.
 <b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back with knees bent, hold the banner overhead with both hands, then kick your legs.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back with knees bent, hold the banner overhead with both hands, then lift your arms and legs.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then raise your arms.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then press it up.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then raise your arms.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your back with knees bent, then lift your arms.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your back with knees bent, then pull the banner up.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then rotate your arms.

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**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back with knees bent, hold the banner overhead with both hands, then lift your hips.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then raise your knees.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your back with knees bent, then squat down.	 <b>4. STEP-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner overhead with both hands, then step up.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side with knees bent, hold the banner overhead with both hands, then lift your leg.	 <b>6. BENCH SQUAT BENCH WALK</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your back with knees bent, then walk your feet.

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**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back with knees bent, hold the banner overhead with both hands, then press it up.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back with knees bent, hold the banner overhead with both hands, then lift your arms and legs.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your back with knees bent, then lift your arms.	 <b>4. BENCH PUSH-UP</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your back with knees bent, then push up.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back with knees bent, hold the banner overhead with both hands, then fly your arms.	 <b>6. BENCH PULLOVER</b> Repetitions: 10-15 Place the banner on a flat surface, lie on your back with knees bent, then pull the banner over.

# Beginner Friendly Home Workout Step Plan For Experts

**Michael Rajnik**



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