

# HOME WORKOUT PLAN

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

**DAY 1**

|  |   |
|--|---|
| <br><b>1. BANNER CURL</b><br>Repetitions: 10-15<br>Hold a banner with both hands, pull up to your chest, then lower it back down.  | <br><b>2. OVERHEAD TRICEP PRESS</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a banner with both hands above your head, then lower it behind your head and press it back up.          |
| <br><b>3. DUMBBELL CURL</b><br>Repetitions: 10-15<br>Hold a dumbbell with one hand, palm facing up, then curl it up to your shoulder and lower it back down.   | <br><b>4. TRICEP KICKBACK</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with one hand, palm facing down, then kick it back and up to your shoulder and lower it back down. |
| <br><b>5. BICEP CURL TO PRESS</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with one hand, palm facing up, then curl it up to your shoulder and press it up and over your head. | <br><b>6. BENCH PUSH-UP</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then push it up and over your head.  |

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

**DAY 2**

|  |  |
|--|--|
| <br><b>1. GOBBY SQUAT</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with both hands in front of your feet, then squat down and stand back up.             | <br><b>2. BRIDGEMAN DESEALTY</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift your hips and lower them back down.      |
| <br><b>3. STEP-BACK LUNGE</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with both hands, then step one foot back and lower it down, then step it back up. | <br><b>4. WALL SIT</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with both hands, then sit back against a wall and hold the position. |
| <br><b>5. STAMMING LEG CURL</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with both hands, then curl one leg up and lower it back down.                   | <br><b>6. BENCH SQUAT PUNCH</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then squat down and punch the air.                  |

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

**DAY 3**

|   |  |
|---|--|
| <br><b>1. DEAD BUG</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift one leg and one arm and lower them back down.   | <br><b>2. SEATED RUSSIAN TWIST</b><br>Repetitions: 10-15<br>Sit on a bench with your feet flat on the floor, hold a dumbbell with both hands, then twist your torso from side to side. |
| <br><b>3. PLANK ON ELBOWS</b><br>Repetitions: 10-15<br>Lie on your stomach on a bench, hold a dumbbell with both hands, then lift your hips and hold the position.      | <br><b>4. BIRD-DOG</b><br>Repetitions: 10-15<br>Lie on your stomach on a bench, hold a dumbbell with both hands, then lift one leg and one arm and hold the position.                  |
| <br><b>5. PLUTTER KICKS</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift one leg and one arm and hold the position. | <br><b>6. BIRD-FLYING BEACH</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift one leg and one arm and hold the position.            |

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

|   |  |
|---|--|
| <br><b>1. LATERAL RAISE</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with one hand, then raise it up and out to the side. | <br><b>2. SHOULDER PRESS</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with both hands, then press it up and over your head.  |
| <br><b>3. FRONT RAISE</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with one hand, then raise it up in front of you.       | <br><b>4. BENCH ARMS</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift your arms up and hold the position.      |
| <br><b>5. INVERTED ROW</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then pull it up to your chest.                | <br><b>6. SHOULDER CARVED</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift your arms up and hold the position. |

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

|   |   |
|---|---|
| <br><b>1. BUNNY BRIDGE</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift your hips and hold the position.  | <br><b>2. STANDING KNEE RAISE</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with both hands, then raise one knee up and hold the position. |
| <br><b>3. BENCH SQUAT</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then squat down and hold the position.       | <br><b>4. STEP-UP</b><br>Repetitions: 10-15<br>Stand with feet shoulder-width apart, hold a dumbbell with both hands, then step one foot up and hold the position.              |
| <br><b>5. FIRE HYDRANT</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift one leg up and hold the position. | <br><b>6. BENCH SQUAT BENCH WALK</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then squat down and walk the bench.                 |

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

**DAY 6**

|   |  |
|---|--|
| <br><b>1. FLUID CHEST PRESS</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then press it up and over your head.           | <br><b>2. SUPERMAN HOLD</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift your arms up and hold the position. |
| <br><b>3. BENCH-OVER BENCH</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift your arms up and hold the position.   | <br><b>4. BENCH PUSH-UP</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then push it up and over your head.           |
| <br><b>5. CHEST FLY ON PUMPS</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then lift your arms up and hold the position. | <br><b>6. BENCH PULLOVER</b><br>Repetitions: 10-15<br>Lie on your back on a bench, hold a dumbbell with both hands, then pull it up to your chest.               |

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**Shawn Burke**



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