

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 <b>6. BICEP PULL-UP</b> 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**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand back up.	 <b>4. WALL SIT</b> Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand back up.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 <b>6. BONE SQUAT PUNCH</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

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

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, lean back, twist your torso, then return to the starting position.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands, plank on your elbows, then lift your hips.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands, lift one arm and one leg, then lower them back down.
 <b>5. PLUTTER BICYCLE</b> Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise your arms out to the sides, then lower them back down.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press it up, then lower it back down.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise your arms in front of you, then lower them back down.	 <b>4. BONE ARMWAVE</b> Repetitions: 10-15 Hold the banner with both hands, wave your arms, then lower them back down.
 <b>5. WRENSY BOW</b> Repetitions: 10-15 Hold the banner with both hands, bow your arms, then lower them back down.	 <b>6. SHOULDER CIRCLES</b> Repetitions: 10-15 Hold the banner with both hands, circle your arms, then lower them back down.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand on one leg, raise your other leg, then lower it back down.
 <b>3. BONE SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands, step up, then step back down.
 <b>5. FIRE STORM</b> Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down.	 <b>6. BONE BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, pull your arms and legs up, then lower them back down.
 <b>3. BONE-OVER BONE</b> Repetitions: 10-15 Hold the banner with both hands, pull one arm over the other, then lower them back down.	 <b>4. BONE PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up, then lower it back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, pull your arms up, then lower them back down.	 <b>6. BONE PULLOVER</b> Repetitions: 10-15 Lie on your back, pull your arms up, then lower them back down.

# Beginner Friendly Home Workout Explained For Students 134

**G Psacharopoulos**



## **Beginner Friendly Home Workout Explained For Students 134:**

The Enigmatic Realm of **Beginner Friendly Home Workout Explained For Students 134**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Beginner Friendly Home Workout Explained For Students 134** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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