

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head, arms fully extended. Push the banner up and down.
 3. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, palms facing each other. Bend your knees and pull the banner up towards your chest.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands behind your back, arms fully extended. Push the banner up and down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest, then push it up and down.	 6. BENCH PUSH-UP Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up and down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your feet. Squat down and up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up and down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lunge down and up.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean back against a wall and sit down.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your feet. Curl your legs up and down.	 6. KNEE SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your feet. Squat down and punch forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs up and down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. Twist your torso left and right.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach with elbows on the floor. Hold your body up and down.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach with knees bent and feet flat on the floor. Lift your arms and legs up and down.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your legs up and down.	 6. SIDE-YOGA BEACH Repetitions: 10-15 Lie on your side with knees bent and feet flat on the floor. Lift your legs up and down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift your arms out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head, arms fully extended. Push the banner up and down.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift your arms in front of you.	 4. BENCH ARMS Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up and down.
 5. INVERTED ROW Repetitions: 10-15 Tie the banner to a pull-up bar. Hang from the banner with your arms fully extended. Pull your chest up to the banner.	 6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift your arms up and down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs up and down.	 2. STANDING KNEE SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your feet. Squat down and up.
 3. BUNNY SQUAT Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs up and down.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your feet. Step up and down.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with knees bent and feet flat on the floor. Lift your legs up and down.	 6. WALL SQUAT BRIDGE HOLD Repetitions: 10-15 Stand with feet shoulder-width apart. Lean back against a wall and sit down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Push the banner up and down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach with knees bent and feet flat on the floor. Lift your arms and legs up and down.
 3. BENT-OVER ROW Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your torso and pull the banner up towards your chest.	 4. WALL PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Lean back against a wall and sit down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms up and down.	 6. DO PUSH-UP Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up and down.

Beginner Friendly Home Workout Usa

RD Boyd



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