

HOME WORKOUT PLAN

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Home Workout Plan
BICIPITS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it back down.
 3. JOYTEAM CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it overhead.	 6. BENCH PUSH-UP Repetitions: 10-15 Place the banner on the floor, lie on your stomach, and push up with your arms.

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, lift it overhead, then press 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. BENCH SQUAT THRUST Repetitions: 10-15 Place the banner on the floor, lie on your stomach, and push up with your arms.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, hold the banner with both hands, and lift your legs.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, hold the banner with both hands, and twist your torso.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it back down.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back, hold the banner with both hands, and lift your legs.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, hold the banner with both hands, and lift your legs.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, lift it to the side, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, lift it forward, then lower it back down.	 4. BENCH ARMS Repetitions: 10-15 Place the banner on the floor, lie on your stomach, and push up with your arms.
 5. INVERTED ROW Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 6. SHOULDER CARVED Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back, hold the banner with both hands, and lift your legs.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand on the floor, hold the banner with both hands, and lift your knees.
 3. BENCH SQUAT Repetitions: 10-15 Place the banner on the floor, lie on your stomach, and push up with your arms.	 4. STEP-UP Repetitions: 10-15 Stand on the floor, hold the banner with both hands, and step up.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your back, hold the banner with both hands, and lift your legs.	 6. BENCH SQUAT BRIDGE Repetitions: 10-15 Place the banner on the floor, lie on your stomach, and push up with your arms.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, hold the banner with both hands, and push up with your arms.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, hold the banner with both hands, and lift your legs.
 3. BENCH-OVER BENCH Repetitions: 10-15 Place the banner on the floor, lie on your stomach, and push up with your arms.	 4. BENCH PUSH-UP Repetitions: 10-15 Place the banner on the floor, lie on your stomach, and push up with your arms.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, hold the banner with both hands, and lift your legs.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back, hold the banner with both hands, and lift your legs.

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[The 60-Day Fat Loss Challenge | Transform Step by Step](#) Aakash Sharma, 2025-12-11 Great choice A 60 day fat loss challenge ebook is highly valuable and motivational for readers looking to transform their bodies and build sustainable habits

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web jul 18 2023 mention the reason for your leave provide a brief explanation for your absence such as a family event personal appointment or vacation be honest but avoid oversharing personal information 5 offer a proposed solution or plan if possible suggest how your work responsibilities can be handled during your absence

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web we are giving you samples format of leave applications to ask permission from the boss or principal for an international tour for a limited amount of time with family or friends foreign trip leave application for school by students dear sir i want to go on a foreign trip with my family for which i need twenty five days leave from school

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web may 19 2022 i am writing this email to inform you that recently i am planning a family trip to mention location for days so i request you to kindly grant me leaves from date to date as you know i am a hard working employee and i barely take any leaves in our daily routine

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