

# 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. JOYTIAM 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. BOMB SQUAT PUNCH</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

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**CORE + STABILITY**

**DAY 3**

 <b>1. BEAR HUG</b> Repetitions: 10-15 Hold the banner with both hands, hug yourself, then lower it back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Hold the banner with both hands, twist side to side.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands, plank on elbows.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands, bird-dog position.
 <b>5. PLUTTER HUGS</b> Repetitions: 10-15 Hold the banner with both hands, hug yourself, then lower it back down.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Hold the banner with both hands, bird-yoga beach position.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 <b>4. BOMB ARMOUR</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.
 <b>5. WRECKIT BOW</b> Repetitions: 10-15 Hold the banner with both hands, bow up, then lower it back down.	 <b>6. SHOULDER CARDS</b> Repetitions: 10-15 Hold the banner with both hands, cards up, then lower it back down.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BOMB BRIDGE</b> Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.	 <b>2. STANDING KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, kick back, then lower it back down.
 <b>3. BOMB 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 lower it back down.
 <b>5. FIRE STAMMING</b> Repetitions: 10-15 Hold the banner with both hands, stamming up, then lower it back down.	 <b>6. BOMB BOMB BRIDGE HUG</b> Repetitions: 10-15 Hold the banner with both hands, bridge hug up, then lower it back down.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Hold the banner with both hands, superman hold.
 <b>3. BOMB-OVER BOMB</b> Repetitions: 10-15 Hold the banner with both hands, bomb-over bomb.	 <b>4. BOMB 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 Hold the banner with both hands, chest fly on floor.	 <b>6. BOMB PULLOVER</b> Repetitions: 10-15 Hold the banner with both hands, pull over.

# Beginner Friendly Home Workout Online 197

**Scott C. Dulebohn**



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