

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER DUMBS <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells overhead. Press the dumbbells straight up, extending your arms fully.
 3. DUMBBELL CURLS <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells straight back.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then press them straight up.	 6. TRICEP PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then push them straight up.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart. Bend your knees and hips, lowering your body down.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart. Step one foot back and lower your body down.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart. Lean your back against a wall and lower your body down.
 5. STANDING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lift your heels.	 6. KNEE SQUAT PUNCH <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and punch your arms forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lower your arms and legs towards the floor.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with knees bent and feet flat on the floor. Twist your torso from side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms on the ground. Lift your body up.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the floor. Lift your arms and legs up.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your legs up and down.	 6. BIRD-DOG REACH <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the floor. Lift your arms and legs up, then reach forward.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells out to the sides.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells overhead. Press the dumbbells straight up.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells straight up.	 4. BENCH ARMS <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders.
 5. INVERTED ROW <small>30 seconds</small> Lie on your back with feet on a bench and hands on the floor. Pull your body up.	 6. SHOULDER CARVED <small>30 seconds</small> Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BODY BRIDGE <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your hips up.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart. Lift your knees up.
 3. BENCH SQUAT <small>30 seconds</small> Lie on your back with feet on a bench and hands on the floor. Lift your body up.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart. Step one foot up.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with knees bent and feet flat on the floor. Lift your legs up.	 6. WALL SITS BRIDGE HOLD <small>30 seconds</small> Stand with feet shoulder-width apart. Lean your back against a wall and lower your body down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Press your arms up.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with arms and legs extended. Lift your arms and legs up.
 3. BENCH-OVER BENCH <small>30 seconds</small> Lie on your back with feet on a bench and hands on the floor. Lift your body up.	 4. WALL PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart. Lean your back against a wall and lower your body down.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your arms up.	 6. IN PUSH-UP <small>30 seconds</small> Lie on your back with feet on a bench and hands on the floor. Lift your body up.

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Wenbin Ji



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