

# HOME WORKOUT PLAN

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

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

**DAY 1**

 <b>1. BARNER CURL</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>3. DUMBBELL CURL</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>4. TRICEP KICKBACK</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>6. BENCH PUSH-UP</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.

*Home Workout Plan*  
**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. GOBLET SQUAT</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>4. WALL SIT</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>5. STAMMING LEG CURL</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>6. BENCH SQUAT PUNCH</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.

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

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 15 Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground, keeping your lower back pressed against the floor.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 15 Sit on the floor with your knees bent and feet flat on the floor. Lean back slightly and lift your head and shoulders off the ground.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 30 Lie on your side with your forearms on the floor and your body in a straight line from head to toe.	 <b>4. BIRD-DOG</b> Repetitions: 15 Lie on your stomach with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.
 <b>5. PLUTTER KICKS</b> Repetitions: 15 Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. BIRD-FLYING BEACH</b> Repetitions: 15 Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>2. SHOULDER PRESS</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>3. FRONT RAISE</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>4. BENCH ARMS</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>5. INVERTED ROW</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>6. SHOULDER CARVED</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BENCH BRIDGE</b> Repetitions: 15 Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>3. BENCH SQUAT</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>4. STEP-UP</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>5. FIRE HYDRANT</b> Repetitions: 15 Lie on your side with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. BENCH SQUAT BENCH WALK</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.

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

**DAY 6**

 <b>1. FLUOR CHEST PRESS</b> Repetitions: 15 Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.	 <b>2. SUPERMAN HOLD</b> Repetitions: 15 Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.	 <b>4. BENCH PUSH-UP</b> Repetitions: 15 Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees slightly and lift the dumbbells up to your shoulders, keeping your elbows close to your body.
 <b>5. CHEST FLY ON PUMPS</b> Repetitions: 15 Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. BENCH PULLOVER</b> Repetitions: 15 Lie on your back with your knees bent at a 90-degree angle and your feet flat on the floor. Lift your head and shoulders off the ground.

# Beginner Friendly Home Workout Usa For Beginners

**RM Cervero**



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