

# 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. SOFTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then press it up.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, push up, 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 in front of your chest, squat down, then stand up.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then stand up.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, lunge back, then stand up.	 <b>4. WALL SIT</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, sit against the wall, then stand up.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, curl up, then lower it back down.	 <b>6. KNEE SQUAT PUNCH</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then punch up.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, hold the banner with both hands above your head, lift your legs, then lower them back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, hold the banner with both hands in front of your chest, twist your torso, then return to the starting position.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, lift your body up, then lower it back down.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, lift one leg and one arm, then lower them back down.
 <b>5. PLUTTER BICYCLE</b> Repetitions: 10-15 Lie on your back, hold the banner with both hands above your head, lift your legs, then lower them back down.	 <b>6. SIDE-YOGG BEACH</b> Repetitions: 10-15 Lie on your side, hold the banner with both hands above your head, lift your legs, then lower them back down.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, raise your arms out to the sides, then lower them back down.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, raise your arms in front of you, then lower them back down.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, lift your arms up, then lower them back down.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Hold the banner with both hands above your head, pull it up towards your chest, then lower it back down.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Hold the banner with both hands above your head, pull it up towards your chest, then lower it back down.

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**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, hold the banner with both hands above your head, lift your legs, then lower them back down.	 <b>2. STANDING KNEE SQUAT</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then stand up.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, squat down, then stand up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, step up, then step back down.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side, hold the banner with both hands above your head, lift your legs, then lower them back down.	 <b>6. WALL SQUAT BRIDGE HOLD</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then hold the bridge position.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, hold the banner with both hands above your head, press it up, then lower it back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, hold the banner with both hands above your head, lift your arms and legs, then hold the position.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, lift your arms up, then lower them back down.	 <b>4. WALL PUSH-UP</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, push up against the wall, then lower it back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, hold the banner with both hands above your head, lift your arms, then lower them back down.	 <b>6. DR. PULLOVER</b> Repetitions: 10-15 Lie on your back, hold the banner with both hands above your head, pull it up towards your chest, then lower it back down.

# Beginner Friendly Home Workout Online For Experts 20870

**ML Yell**



**Beginner Friendly Home Workout Online For Experts 20870:**

## **Beginner Friendly Home Workout Online For Experts 20870** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Beginner Friendly Home Workout Online For Experts 20870**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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