

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BARNER CURL</b> Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your elbows and lift the weights towards your shoulders.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Press it straight up.
 <b>3. DUMBBELL CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights straight back.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Curl the weights and then press them up.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Lie on your back on a bench. Place your hands on the bench. Push your body up.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lower your body.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Lie on your back with knees bent. Lift your hips.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lower your body.	 <b>4. WALL SIT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and lower your body.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lift your feet.	 <b>6. BENCH SQUAT PUNCH</b> Repetitions: 10-15 Lie on your back on a bench. Bend your knees and punch your feet.

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

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back with knees bent. Lower your arms and legs.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor with knees bent. Twist your torso.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Lie on your stomach on your elbows. Hold your body up.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Lie on your stomach on your elbows. Lift your arms and legs.
 <b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back with knees bent. Lift your feet.	 <b>6. BIRD-YOGA REACH</b> Repetitions: 10-15 Lie on your back with knees bent. Lift your arms and legs.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms out to the sides.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Press your arms up.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms in front of you.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Lie on your back on a bench. Lift your arms.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Lie on your back on a bench. Pull your body up.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Lie on your back on a bench. Lift your arms.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back with knees bent. Lift your hips.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your knees.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Lie on your back on a bench. Bend your knees and lift your feet.	 <b>4. STEP-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step up on a bench.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side on your elbows. Lift your leg.	 <b>6. BENCH BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back on a bench. Lift your hips.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back with knees bent. Press your arms up.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your stomach. Lift your arms and legs.
 <b>3. BENT-OVER ROW</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lift your arms.	 <b>4. WALL PUSH-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and push up.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back with knees bent. Lift your arms.	 <b>6. BENCH PULLOVER</b> Repetitions: 10-15 Lie on your back on a bench. Lift your arms.

# Beginner Friendly Home Workout Explained

**JR Anderson**



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