

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER CURL Dumbbell curl	 2. OVERHEAD TRICEP PRESS Dumbbell press
 3. DUMBBELL CURL Dumbbell curl	 4. TRICEP KICKBACK Dumbbell kickback
 5. BICEP CURL TO PRESS Dumbbell curl to press	 6. BENCH PUSH-UP Dumbbell bench push-up

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Dumbbell squat	 2. BRIDGEMAN DESEALTY Dumbbell squat
 3. STEP-BACK LUNGE Dumbbell lunge	 4. WALL SIT Dumbbell wall sit
 5. STAMMING LEG CURL Dumbbell leg curl	 6. ROMAN SQUAT FLYING Dumbbell roman squat flying

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Dumbbell dead bug	 2. SEATED RUSSIAN TWIST Dumbbell seated russian twist
 3. PLANK ON ELBOWS Dumbbell plank on elbows	 4. BIRD-DOG Dumbbell bird-dog
 5. PLUTTER HOCKS Dumbbell plutter hocks	 6. SIDE-Y TUNG BEACH Dumbbell side-y tung beach

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Dumbbell lateral raise	 2. SHOULDER PRESS Dumbbell shoulder press
 3. FRONT RAISE Dumbbell front raise	 4. BENCH ARMS Dumbbell bench arms
 5. INVERTED ROW Dumbbell inverted row	 6. SHOULDER CARVED Dumbbell shoulder carved

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Dumbbell bunny bridge	 2. STANDING KNEE RAISE Dumbbell standing knee raise
 3. BUNNY SQUAT Dumbbell bunny squat	 4. STEP-UP Dumbbell step-up
 5. FIRE HYDRANT Dumbbell fire hydrant	 6. WALL BUNTS BRIDGE WITH Dumbbell wall bunts bridge with

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Dumbbell floor chest press	 2. SUPERMAN HOLD Dumbbell superman hold
 3. BENT-OVER ROW Dumbbell bent-over row	 4. WALL PUSH-UP Dumbbell wall push-up
 5. CHEST FLY ON FLOOR Dumbbell chest fly on floor	 6. ONE FINGER Dumbbell one finger

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S Ben Porath



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