

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down.
 3. SOFTMAN CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it overhead.	 6. BENCH PUSH-UP Repetitions: 10-15 Place the banner on the floor, lie on your stomach, and push up with your arms.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand back up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand back up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 6. KNEE SQUAT PUNCH Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, hold the banner with both hands, lift your legs, then lower them back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, hold the banner with both hands, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, lift your body, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift your legs, then lower them back down.
 5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back, hold the banner with both hands, lift your legs, then lower them back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, hold the banner with both hands, lift your legs, then lower them back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, lift it to the side, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, lift it forward, then lower it back down.	 4. BENCH ARMS Repetitions: 10-15 Place the banner on the floor, lie on your stomach, lift your arms, then lower them back down.
 5. INVERTED ROW Repetitions: 10-15 Hold the banner with both hands, pull it up to your chest, then lower it back down.	 6. SHOULDER CARVED Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back, hold the banner with both hands, lift your legs, then lower them back down.	 2. STANDING KNEE SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.
 3. BENCH SQUAT Repetitions: 10-15 Place the banner on the floor, lie on your stomach, squat down, then stand back up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then step back down.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side, hold the banner with both hands, lift your legs, then lower them back down.	 6. WALL BUNNY BRIDGE Repetitions: 10-15 Lie on your back, hold the banner with both hands, lift your legs, then lower them back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, hold the banner with both hands, press it up, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach, hold the banner with both hands, lift your arms, then lower them back down.
 3. BENCH-OVER BENCH Repetitions: 10-15 Place the banner on the floor, lie on your stomach, lift your arms, then lower them back down.	 4. WALL PUSH-UP Repetitions: 10-15 Place the banner on the floor, lie on your stomach, push up, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, hold the banner with both hands, lift your arms, then lower them back down.	 6. BENCH PULLOVER Repetitions: 10-15 Place the banner on the floor, lie on your stomach, pull over, then lower it back down.

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