

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

<p>1. BANNER CURL 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your elbows and pull the band towards your chest, squeezing your biceps.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Press the band overhead, extending your arms fully, then lower it back down.</p>
<p>3. JOYTIAN CURL 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your elbows and pull the band towards your chest, squeezing your biceps.</p>	<p>4. TRICEP KICKBACK 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your elbows and pull the band back and up, squeezing your triceps.</p>
<p>5. BICEP CURL TO PRESS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your elbows and pull the band towards your chest, then press it overhead.</p>	<p>6. BICEP PULL-UP 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your elbows and pull the band towards your chest, squeezing your biceps.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, keeping your feet flat on the ground.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, keeping your feet flat on the ground.</p>
<p>3. STEP-BACK LUNGE 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot back and lunge down.</p>	<p>4. WALL SIT 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Sit against a wall, keeping your feet flat on the ground.</p>
<p>5. STAMMING LEG CURL 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, keeping your feet flat on the ground.</p>	<p>6. BROAD SQUAT PUNCH 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, keeping your feet flat on the ground.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds</p> <p>Lie on your back, with your knees bent and feet flat on the ground. Lower your arms and legs towards the floor.</p>	<p>2. SEATED RUSSIAN TWIST 30 seconds</p> <p>Sit on the floor, with your knees bent and feet flat on the ground. Twist your torso from side to side.</p>
<p>3. PLANK ON ELBOWS 30 seconds</p> <p>Lie on your stomach, with your elbows on the floor and your body in a straight line.</p>	<p>4. BIRD-DOG 30 seconds</p> <p>Lie on your stomach, with your knees bent and feet flat on the ground. Lift your arms and legs towards the ceiling.</p>
<p>5. PLUTTER KICKS 30 seconds</p> <p>Lie on your back, with your knees bent and feet flat on the ground. Lift your legs and feet towards the ceiling.</p>	<p>6. BIRD-YOGA REACH 30 seconds</p> <p>Lie on your back, with your knees bent and feet flat on the ground. Lift your arms and legs towards the ceiling.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your arms out to the sides.</p>	<p>2. SHOULDER PRESS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Press the band overhead, extending your arms fully.</p>
<p>3. FRONT RAISE 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your arms in front of you.</p>	<p>4. BENCH ANGLES 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your arms in front of you.</p>
<p>5. INVERTED BOW 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your arms in front of you.</p>	<p>6. SHOULDER CIRCLES 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your arms in front of you.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BRIDGE 30 seconds</p> <p>Lie on your back, with your knees bent and feet flat on the ground. Lift your hips towards the ceiling.</p>	<p>2. STANDING KNEE RAISE 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your knees towards your chest.</p>
<p>3. BENCH SQUAT 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, keeping your feet flat on the ground.</p>	<p>4. STEP-UP 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up and down.</p>
<p>5. FIRE HYDRANT 30 seconds</p> <p>Lie on your side, with your knees bent and feet flat on the ground. Lift your legs towards the ceiling.</p>	<p>6. BENCH BUNNY BRIDGE 30 seconds</p> <p>Lie on your back, with your knees bent and feet flat on the ground. Lift your hips towards the ceiling.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds</p> <p>Lie on your back, with your knees bent and feet flat on the ground. Press your arms towards the ceiling.</p>	<p>2. SUPERMAN HOLD 30 seconds</p> <p>Lie on your stomach, with your arms and legs extended towards the ceiling.</p>
<p>3. BENCH-OVER BENCH 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Press your arms towards the ceiling.</p>	<p>4. BENCH PULL-UP 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band towards your chest.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds</p> <p>Lie on your back, with your knees bent and feet flat on the ground. Press your arms towards the ceiling.</p>	<p>6. BENCH PULL-OVER 30 seconds</p> <p>Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band towards your chest.</p>

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