

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 3. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.

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, bridge up, 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. BOMB 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, pull up towards your chest, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift up, then lower it back down.
 5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 4. BOMB ARCADE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.
 5. INVERTED BOW Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 6. SHOULDER CARDS Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 2. STANDING KNEE BRACE Repetitions: 10-15 Stand on one leg, pull up towards your chest, then lower it back down.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. WALL BUNNY BRIDGE Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.
 3. BENT-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 4. WALL PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. DR. PULL-OVER Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

Beginner Friendly Home Workout Explained

M Tight



Beginner Friendly Home Workout Explained:

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Table of Contents Beginner Friendly Home Workout Explained

1. Understanding the eBook Beginner Friendly Home Workout Explained
 - The Rise of Digital Reading Beginner Friendly Home Workout Explained
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Explained
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beginner Friendly Home Workout Explained
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Explained
 - Personalized Recommendations
 - Beginner Friendly Home Workout Explained User Reviews and Ratings
 - Beginner Friendly Home Workout Explained and Bestseller Lists

5. Accessing Beginner Friendly Home Workout Explained Free and Paid eBooks
 - Beginner Friendly Home Workout Explained Public Domain eBooks
 - Beginner Friendly Home Workout Explained eBook Subscription Services
 - Beginner Friendly Home Workout Explained Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout Explained eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Home Workout Explained Compatibility with Devices
 - Beginner Friendly Home Workout Explained Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Explained
 - Highlighting and Note-Taking Beginner Friendly Home Workout Explained
 - Interactive Elements Beginner Friendly Home Workout Explained
8. Staying Engaged with Beginner Friendly Home Workout Explained
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Home Workout Explained
9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Explained
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Home Workout Explained
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Home Workout Explained
 - Setting Reading Goals Beginner Friendly Home Workout Explained
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginner Friendly Home Workout Explained
 - Fact-Checking eBook Content of Beginner Friendly Home Workout Explained
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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