

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

<p>1. BARNER DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to your body.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to your body.</p>
<p>3. DOTTMAN DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to your body.</p>	<p>4. TRICEP KICKBACK 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells behind your head, keeping your forearms parallel to your body.</p>
<p>5. BICEP CURL TO PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then press them overhead.</p>	<p>6. BICEP PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then push them up.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBLET SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>
<p>3. STEP-BACK LUNGE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Step one foot back and lunge down, keeping your back straight.</p>	<p>4. WALL SIT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>
<p>5. STAMMING LEG CURL 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>	<p>6. ROMAN SQUAT FOCUS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>	<p>2. SEATED RUSSIAN TWIST 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>
<p>3. PLANK ON ELBOWS 30 seconds rest</p> <p>Lie on your side with your elbow on the floor and your body in a straight line. Lift your head and shoulders off the ground, keeping your back flat.</p>	<p>4. BIRD-DOG 30 seconds rest</p> <p>Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>
<p>5. PLUTTER KICKS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>	<p>6. BIRD-FLYING BEACH 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells out to the sides, keeping your forearms parallel to your body.</p>	<p>2. SHOULDER PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to your body.</p>
<p>3. FRONT RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells in front of you, keeping your forearms parallel to your body.</p>	<p>4. BENCH ARMS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells in front of you, keeping your forearms parallel to your body.</p>
<p>5. INVERTED ROW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells in front of you, keeping your forearms parallel to your body.</p>	<p>6. SHOULDER CARVED 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells in front of you, keeping your forearms parallel to your body.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BUNDS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>	<p>2. STANDING KNEE RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>
<p>3. BENCH SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>	<p>4. STEP-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>
<p>5. FIRE HYDRANT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>	<p>6. WALL SQUAT BRIDGE HOLD 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>	<p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>
<p>3. BENCH-OVER BENCH 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>	<p>4. WALL PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a dumbbell in front of your chest. Squat down, keeping your back straight and your feet flat on the floor.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>	<p>6. BENCH PULLOVER 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, keeping your back flat.</p>

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RS Peters



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section learning objectives by the end of this section you will be able to do the following describe simple and complex machines calculate mechanical advantage and efficiency of

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two or more simple machines operate together to form a compound machine study with quizlet and memorize flashcards containing terms like simple machines lever wheel and axle

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answer key simple machines types of simple machines inclined plane screw wheel and axle wedge pulley lever write the name of the simple machine that is associated with each

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how well do you know your simple machines complete both sides of this chart define it what is it describe it what does it do what happens to the force explain your answer

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answer key a wedge has a slanted edge like an inclined plane the difference is in how it s used an inclined plane is used to move things from here to there while a wedge breaks

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procedure answer the following questions regarding simple machine systems each question requires proper illustration and annotation including labeling of forces distances direction

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google classroom there are six simple machines they are as follows lever wheel pulley incline plane wedge and screw this tutorial will cover the first three simple machines can

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across 1 simple machine that has a straight slanted surface 4 most common type of lever 5 all inclined planes must have this kind of angle 7 the fe fr 8 made up of a twisted inclined

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simple machines are the building blocks for creating more complex machines for instance a bicycle is created using wheels levers and pulleys in this pdf packet you will receive 3

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simple machines worksheet answers match the simple machine with its correct definition by writing the corresponding number in the answer column simple machines answer

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super teacher worksheets superteacherworksheets com answer key across 1 tool with two levers attached together for cutting paper scissors 5 wheel and axle device

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apr 24 2016 simple machines screw a 7 16 nut driver with a 1 1 2 inch diameter handle is used to install a $\frac{1}{4}$ 20 unc bolt into a robotic arm 26 sketch and annotate the screw system

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1 something that reduces the friction lever 5 of moving something inclined plane 3 2 something that can hold things together or lift an object wedge 6 3 a ramp 4 something

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