

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 3. DOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 6. BICEP PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 6. BOUND SQUAT PUNCH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with your knees bent and feet flat on the floor.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your side with your elbow on the floor and your body in a straight line.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor.	 6. BIRD-DOG REACH <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 4. BICEP CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 5. INVERTED ROW <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor.	 6. SHOULDER CARVED <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor.	 2. STANDING KNEE BRACE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 3. BOUND SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with your knees bent and feet flat on the floor.	 6. WALL SQUAT BRACE HOLD <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor.
 3. BENT-OVER ROW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.	 4. WALL PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and pull the band up towards your chest.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor.	 6. DR. PULLOVER <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor.

Beginner Friendly Home Workout For Students 12927

Dominique Myers

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle overlapping the right side of the bar.

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The Beginner's Home Workout Plan Dale L. Roberts,2016-06-13 Are you ready to finally begin working out but don't know where to start Wouldn't it be nice to get a simple exercise program you can do anywhere and at any time Then The Beginner's Home Workout Plan has exactly what you need without all the extra filler The 1 Best Selling Fitness Author Dale L Roberts put together the best first step for anyone new to fitness Stop fooling around with stupid fad diets trendy workout programs or shaky theories that don't have a leg to stand on You need sound advice on the fundamentals of working out with credible resources and proven results The Beginner's Home Workout Plan gives everything you need to start your

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follow my advice to become slimmer more confident and experience less knee pain in just 6 weeks So if restrictions didn't stop him why should it stop you This isn't just a standard exercise guide although it is set up for 6 weeks there is enough information to help you carry it on further Not only that but by reading this book you'll discover The Six Week Starter Workout Routine to Follow from Home How to Correctly Prepare for Exercise The Simple Diet That Accelerates Weight Loss An Insight on How to Adapt Your Mindset to Reach Your Goals Many Steps on How to Leave Your Unhealthy Lifestyle Behind 35 No Equipment Exercises If you continue to live your current lifestyle without making a change then your health will only get worse Trips to the hospital are easily avoided and you really can do it even if you have something holding you back so stop thinking about it and click Add to Cart Now

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