

# HOME WORKOUT PLAN

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

*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, feet shoulder-width apart. Bend your knees and lift the banner towards your chest.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head. Press the banner upwards.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, feet shoulder-width apart. Bend your knees and lift the banner towards your chest.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands behind your back. Kick your legs back and lift the banner.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Curl the banner towards your chest and then press it upwards.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Push the banner up from a crouched position.

*Home Workout Plan*  
**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and squat down.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lunge down.	 <b>4. WALL SIT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and sit down.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Curl the banner towards your chest.	 <b>6. BENCH SQUAT PUNCH</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Squat down and punch the banner forward.

*Home Workout Plan*  
**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. Twist your torso.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Lie on your stomach with elbows on the floor. Lift your head and shoulders.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Lie on your stomach with elbows on the floor. Lift your head and shoulders.
 <b>5. PLUTTER BICYCLE</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift the banner out to the side.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head. Press the banner upwards.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift the banner in front of you.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Push the banner up from a crouched position.
 <b>5. WRENCH BOW</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Pull the banner towards your chest.	 <b>6. SHOULDER CARDS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Push the banner up from a crouched position.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BENCH BRIDGE</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one knee towards your chest.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and squat down.	 <b>4. STEP-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up and lift the banner.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side with knees bent and feet flat on the floor. Lift one leg.	 <b>6. BENCH BIRTH BROWNS WALK</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Push the banner up from a crouched position.

*Home Workout Plan*  
**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Press the banner upwards.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your stomach with elbows on the floor. Lift your head and shoulders.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Push the banner up from a crouched position.	 <b>4. BENCH PUSH-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands. Push the banner up from a crouched position.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders.	 <b>6. BENCH PULLOVER</b> Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your head and shoulders.

# Beginner Friendly Home Workout For Students For Beginners

**Rifat Ahmed**



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