

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your shoulders.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells overhead. Press the dumbbells up and down.
 3. ZOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Curl the dumbbells up, turning your palms to face each other.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up and back.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Curl the dumbbells up and press them overhead.	 6. BENCH PUSH-UP <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Push the dumbbells up and down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Squat down and lift up.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift your hips up and down.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Step one foot back and lunge down.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Sit against a wall and hold the position.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Curl one leg up and down.	 6. ROMAN SQUAT PUNCH <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Squat down and punch the dumbbells up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift one arm and one leg up and down.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on a bench, holding a pair of dumbbells in front of your chest. Twist your torso from side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your stomach on a bench, holding a pair of dumbbells in front of your chest. Lift your body up and hold the position.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach on a bench, holding a pair of dumbbells in front of your chest. Lift one arm and one leg up and down.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift your legs up and down.	 6. BIRD-YOGA BEACH <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift one arm and one leg up and down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Lift the dumbbells up to the side.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Press the dumbbells up and down.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Lift the dumbbells up in front of you.	 4. BENCH ARMS <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift the dumbbells up and down.
 5. INVERTED ROW <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Pull the dumbbells up to your chest.	 6. SHOULDER CARVED <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift the dumbbells up and down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift your hips up and down.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Lift one knee up and down.
 3. BENCH SQUAT <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Squat down and lift up.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Step one foot up and down.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift one leg up and down.	 6. WALL SITS BRIDGE WITH <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Sit against a wall and lift your hips up.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Press the dumbbells up and down.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift your arms and legs up.
 3. BENT-OVER ROW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend over and lift the dumbbells up.	 4. WALL PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Sit against a wall and push up.
 5. CHEST FLY ON BENCH <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift the dumbbells up and down.	 6. IN FLOOR <small>30 seconds</small> Lie on your back on a bench, holding a pair of dumbbells in front of your chest. Lift the dumbbells up and down.

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Shasha Hu



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