

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER DUMBS Dumbbell exercise for biceps and triceps.	 2. OVERHEAD TRICEP PRESS Dumbbell exercise for triceps.
 3. DOTTMAN DUMBS Dumbbell exercise for biceps and triceps.	 4. TRICEP KICKBACK Dumbbell exercise for triceps.
 5. BICEP CURL TO PRESS Dumbbell exercise for biceps and triceps.	 6. BENCH PUSH-UP Push-up exercise for triceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Bodyweight exercise for quads and hamstrings.	 2. BRIDGEMAN DESEALTY Bodyweight exercise for quads and hamstrings.
 3. STEP-BACK LUNGE Bodyweight exercise for quads and hamstrings.	 4. WALL SIT Bodyweight exercise for quads.
 5. STAMMING LEG CURL Bodyweight exercise for hamstrings.	 6. BENCH SQUAT PUNCH Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Core exercise for stability.	 2. SEATED RUSSIAN TWIST Core exercise for stability.
 3. PLANK ON ELBOWS Core exercise for stability.	 4. BIRD-DOG Core exercise for stability.
 5. PLUTTER HOCKS Core exercise for stability.	 6. BIRD-YOGA BEACH Core exercise for stability.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Dumbbell exercise for shoulders.	 2. SHOULDER PRESS Dumbbell exercise for shoulders.
 3. FRONT RAISE Dumbbell exercise for shoulders.	 4. BENCH ARMS Dumbbell exercise for shoulders.
 5. INVERTED ROW Dumbbell exercise for shoulders.	 6. SHOULDER CARVED Dumbbell exercise for shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Bodyweight exercise for core and stability.	 2. STANDING KNEE BRACE Bodyweight exercise for core and stability.
 3. BENCH SQUAT Bodyweight exercise for quads and hamstrings.	 4. STEP-UP Bodyweight exercise for quads and hamstrings.
 5. FIRE HYDRANT Bodyweight exercise for glutes and hamstrings.	 6. BENCH SQUAT BRIDGE HOLD Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Bodyweight exercise for chest.	 2. SUPERMAN HOLD Bodyweight exercise for back.
 3. BENCH-OVER BENCH Bodyweight exercise for chest and back.	 4. BENCH PUSH-UP Bodyweight exercise for chest.
 5. CHEST FLY ON FLOOR Bodyweight exercise for chest.	 6. BENCH PULLOVER Bodyweight exercise for chest and back.

Beginner Friendly Home Workout For Students For Experts

James Ross



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The A-List Workout Alyssa Shaffer, 2006-11 Ten celebrity trainers present workout routines and fitness tips that can be adapted to individual needs along with dietary advice and recipes for a seven-day meal plan

Los Angeles Magazine, 1996-03 Los Angeles magazine is a regional magazine of national stature Our combination of award-winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

Video Source Book, 2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how-to instruction

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The Family, 1920 **The Judge**, 1917 [Weekly World News](#), 1995-02-28 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site

Normal Instructor, 1913 **Normal Instructor and Teachers World**, 1913 [Own Your Own Home](#), 1925 [American Education](#), 1904 **Manual Training and Vocational Education** Charles Alpheus Bennett, William Thomas Bawden, 1903 [Manual Training Magazine](#), 1903

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