

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 3. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it up.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 6. BOMB SQUAT PUNCH Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift up, then lower it back down.
 5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 4. BOMB ARMABALL Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.
 5. INVERTED BOW Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 6. SHOULDER CARDS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. STANDING KNEE BRACE Repetitions: 10-15 Stand on one leg, brace up, then lower it back down.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. WALL BUNTS BRIDGE WITH Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.
 3. BENT-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, bend over, then stand up.	 4. WALL PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. ON FLOOR Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Beginner Friendly Home Workout Explained

Lauren Gardner



Beginner Friendly Home Workout Explained:

Whispering the Techniques of Language: An Psychological Journey through **Beginner Friendly Home Workout Explained**

In a digitally-driven earth wherever displays reign great and immediate conversation drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within phrases usually go unheard. Yet, set within the pages of **Beginner Friendly Home Workout Explained** a captivating fictional treasure sporting with raw feelings, lies an exceptional quest waiting to be undertaken. Written by an experienced wordsmith, that charming opus encourages visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of every word. Within the emotional depths with this touching review, we shall embark upon a heartfelt exploration of the book is key themes, dissect its fascinating publishing model, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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