

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, palms facing each other. Bend your elbows and pull the banner up towards your chest.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head, arms fully extended. Push the banner up and down.
 3. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your elbows and pull the banner up towards your chest.	 6. BENCH PUSH-UP Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up and down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Squat down and up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up and down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lunge down and up.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean back against a wall and sit down.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Bend your knees and pull the banner up towards your chest.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up and punch the banner forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up and down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. Twist your torso from side to side.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your side with elbows on the floor and feet flat on the floor. Hold your body in a straight line.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach with elbows and knees bent. Lift your arms and legs up and down.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up and down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up and down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift your arms out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Push the banner up and down.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift your arms in front of you.	 4. BENCH ARMS Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up and down.
 5. INVERTED ROW Repetitions: 10-15 Lie on your back with feet on the banner and hands on the floor. Pull the banner up towards your chest.	 6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift your arms out to the sides.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips up and down.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Lift your knees up and down.
 3. BENCH SQUAT Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up and down.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands, palms facing each other. Step up and down.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with knees bent and feet flat on the floor. Lift your hips up and down.	 6. BENCH BUNNY BRIDGE Repetitions: 10-15 Place the banner on a flat surface. Lie on your back with knees bent and feet flat on the floor. Lift your hips up and down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Push the banner up and down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach with arms and legs extended. Hold your body in a straight line.
 3. BENCH-OVER BENCH Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up and down.	 4. BENCH PUSH-UP Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up and down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms up and down.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms up and down.

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Jessica J Manson



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