

# HOME WORKOUT PLAN

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

**DAY 1**

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

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

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**CORE + STABILITY**

**DAY 3**

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

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

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**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>2. STANDING KNEE TRUCK</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>6. WALL BUNTS BRIDGE WITH</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>4. WALL PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>6. DR. PULL-OVER</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

# Beginner Friendly Home Workout Guide For Beginners

**Liyong Dong**



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