

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 towards your chest.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells overhead. Press the dumbbells up towards the ceiling.
 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 towards your chest, with your palms facing 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 towards your chest.
 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 towards your chest, then press them up towards the ceiling.	 6. BICEP PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up towards the ceiling.

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, keeping your back straight.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up towards the ceiling.
 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 back against a wall with your knees bent.
 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 towards your chest.	 6. BONE BONE PUSH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up towards the ceiling.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up towards the ceiling.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your side with your elbows on the floor and feet flat on the floor. Lift your hips up towards the ceiling.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor. Lift your arms and legs up towards the ceiling.
 5. PLUTTER BICYCLE <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up towards the ceiling.	 6. BIRD-YOGA BEACH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up towards the ceiling.

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 towards the ceiling.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells overhead. Press the dumbbells up towards the ceiling.
 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 towards the ceiling.	 4. BONE ANCHOR <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up towards the ceiling.
 5. WRENCH BOW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up towards the ceiling.	 6. SHOULDER CIRCLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Circle the dumbbells in a circle.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up towards the ceiling.	 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 towards your chest.
 3. BONE WALK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Walk forward.	 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.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with your knees bent and feet flat on the floor. Lift one leg up towards the ceiling.	 6. BONE BONE BRIDGE WALK <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up towards the ceiling.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Press the dumbbells up towards the ceiling.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your back with your arms and legs up towards the ceiling.
 3. BONE-OVER BONE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up towards the ceiling.	 4. BONE PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Push the dumbbells up towards the ceiling.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your arms up towards the ceiling.	 6. BONE PULLOVER <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your arms up towards the ceiling.

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Texas. Department of Agriculture



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