

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10 Hold a banner with both hands, feet shoulder-width apart. Bend your knees and lift the banner up to your chest.	 2. OVERHEAD TRICEP PRESS Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands above your head. Press the banner up and down.
 3. DOTTMAN CURL Repetitions: 10 Hold a banner with both hands, feet shoulder-width apart. Bend your knees and lift the banner up to your chest.	 4. TRICEP KICKBACK Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands behind your back. Kick your legs back and lift the banner up.
 5. BICEP CURL TO PRESS Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands. Curl the banner up to your chest and press it up.	 6. BENCH PUSH-UP Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands. Push the banner up and down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10 Stand with feet shoulder-width apart. Bend your knees and squat down.	 2. BRIDGEMAN DESEALTY Repetitions: 10 Lie on your back with knees bent and feet flat on the floor. Lift your hips up.
 3. STEP-BACK LUNGE Repetitions: 10 Stand with feet shoulder-width apart. Step one foot back and lunge down.	 4. WALL SIT Repetitions: 10 Stand with feet shoulder-width apart. Lean against a wall and sit down.
 5. STAMMING LEG CURL Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands. Curl the banner up and down.	 6. BENCH SQUAT PUSH Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands. Squat down and push the banner up.

Home Workout Plan
CORE + STABILITY

DAY 3

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

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10 Stand with feet shoulder-width apart. Lift your arms out to the sides.	 2. SHOULDER PRESS Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands above your head. Press the banner up and down.
 3. FRONT RAISE Repetitions: 10 Stand with feet shoulder-width apart. Lift your arms in front of you.	 4. BENCH ARMS Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands. Push the banner up and down.
 5. INVERTED ROW Repetitions: 10 Lie on your back with feet on a bench. Pull the banner up to your chest.	 6. SHOULDER CARVED Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands. Push the banner up and down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BENCH BRIDGE Repetitions: 10 Lie on your back with knees bent and feet flat on the floor. Lift your hips up.	 2. STANDING KNEE RAISE Repetitions: 10 Stand with feet shoulder-width apart. Lift your knees up.
 3. BENCH SQUAT Repetitions: 10 Stand with feet shoulder-width apart. Bend your knees and squat down.	 4. STEP-UP Repetitions: 10 Stand with feet shoulder-width apart. Step one foot up and down.
 5. FIRE HYDRANT Repetitions: 10 Lie on your side with knees bent and feet flat on the floor. Lift your legs up.	 6. BENCH SQUAT BENCH WALK Repetitions: 10 Stand with feet shoulder-width apart. Bend your knees and squat down. Walk forward.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10 Lie on your back with knees bent and feet flat on the floor. Push the banner up and down.	 2. SUPERMAN HOLD Repetitions: 10 Lie on your stomach with arms and legs extended. Hold the position.
 3. BENCH-OVER BENCH Repetitions: 10 Stand with feet shoulder-width apart. Bend your knees and squat down. Push the banner up.	 4. BENCH PUSH-UP Repetitions: 10 Stand with feet shoulder-width apart. Hold a banner with both hands. Push the banner up and down.
 5. CHEST FLY ON FLOOR Repetitions: 10 Lie on your back with knees bent and feet flat on the floor. Lift your arms up and down.	 6. BENCH PULLOVER Repetitions: 10 Lie on your back with knees bent and feet flat on the floor. Pull the banner up and down.

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