

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER DUMBS Dumbbell exercise for biceps and triceps.	 2. OVERHEAD TRICEP PRESS Dumbbell exercise for triceps.
 3. DUMBBELL DUMBS Dumbbell exercise for biceps and triceps.	 4. TRICEP KICKBACK Dumbbell exercise for triceps.
 5. BICEP CURL TO PRESS Dumbbell exercise for biceps and triceps.	 6. BICEP PUMP-UP Dumbbell exercise for biceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT Bodyweight squat exercise.	 2. BRIDGEMAN DESEALTY Bodyweight exercise for quads and hamstrings.
 3. STEP-BACK LUNGE Bodyweight lunge exercise.	 4. WALL SIT Bodyweight exercise for quads.
 5. STAIRCASE LEG CURL Bodyweight exercise for hamstrings.	 6. BONE BONE PUNCH Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Core exercise for stability.	 2. SEATED RUSSIAN TWIST Core exercise for stability.
 3. PLANK ON ELBOWS Core exercise for stability.	 4. BIRD-DOG Core exercise for stability.
 5. PLUTTER BICYCLE Core exercise for stability.	 6. BIRD-YOGA BEACH Core exercise for stability.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Dumbbell exercise for shoulders.	 2. SHOULDER PRESS Dumbbell exercise for shoulders.
 3. FRONT RAISE Dumbbell exercise for shoulders.	 4. BONE ANKLE Dumbbell exercise for shoulders.
 5. WRENCH BOW Dumbbell exercise for shoulders.	 6. SHOULDER CIRCLES Dumbbell exercise for shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Bodyweight exercise for core and stability.	 2. STANDING KNEE BRACE Bodyweight exercise for core and stability.
 3. BONE SQUAT Bodyweight squat exercise.	 4. STEP-UP Bodyweight exercise for quads and hamstrings.
 5. FIRE HYDRANT Bodyweight exercise for glutes and hamstrings.	 6. WALL BUNTS BRIDGE WITH Bodyweight exercise for core and stability.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Bodyweight exercise for chest.	 2. SUPERMAN HOLD Bodyweight exercise for back.
 3. BENT-OVER BOW Bodyweight exercise for chest and back.	 4. WALL PUMP-UP Bodyweight exercise for chest and back.
 5. CHEST FLY ON FLOOR Bodyweight exercise for chest.	 6. DO PULLOVER Bodyweight exercise for chest and back.

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SB Merriam



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