

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

<p>1. BARNER DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p>3. JOYTIAN DUMBS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>4. TRICEP KICKBACK 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells back and up, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p>5. BICEP CURL TO PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p>6. BICEP PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>
<p>3. STEP-BACK LUNGE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Step one foot back and lower your body down, keeping your back straight. Push back up.</p>	<p>4. WALL SIT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>
<p>5. STAMMING LEG CURL 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>	<p>6. ROMAN SQUAT FOCUS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower one arm and one leg at a time, keeping your core tight.</p>	<p>2. SEATED RUSSIAN TWIST 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side, keeping your core tight.</p>
<p>3. PLANK ON ELBOWS 30 seconds rest</p> <p>Lie on your side with your elbow on the floor and your body in a straight line. Hold the plank for the duration of the set.</p>	<p>4. BIRD-DOG 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended. Lift one arm and one leg at a time, keeping your core tight.</p>
<p>5. PLUTTER HOCKS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and lower back, keeping your core tight.</p>	<p>6. BIRD-YOGA BEACH 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and lower back, keeping your core tight.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells out to the sides, keeping your forearms parallel to the floor.</p>	<p>2. SHOULDER PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor.</p>
<p>3. FRONT RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells in front of you, keeping your forearms parallel to the floor.</p>	<p>4. BENCH ARMS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor.</p>
<p>5. WRENCH BOW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor.</p>	<p>6. SHOULDER CARVED 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BRIDGE 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and lower back, keeping your core tight.</p>	<p>2. STANDING KNEE RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>
<p>3. BENCH SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>	<p>4. STEP-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Step one foot up and lower your body down, keeping your back straight. Push back up.</p>
<p>5. FIRE HYDRANT 30 seconds rest</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift one leg at a time, keeping your core tight.</p>	<p>6. WALL SQUAT BRIDGE HOLD 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Bend your elbows and lift the dumbbells towards your chest, keeping your forearms parallel to the floor.</p>	<p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended. Lift your arms and legs at the same time, keeping your core tight.</p>
<p>3. BENCH-OVER BENCH 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>	<p>4. WALL PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body down, keeping your back straight. Push back up.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Bend your elbows and lift the dumbbells towards your chest, keeping your forearms parallel to the floor.</p>	<p>6. DR. PULLOVER 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Bend your elbows and lift the dumbbells towards your chest, keeping your forearms parallel to the floor.</p>

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