

HOME WORKOUT PLAN

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

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. TRICEP PUSH-UP Bodyweight exercise for triceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT Bodyweight exercise for quads and hamstrings.	 2. BRIDGEMAN DESEALTY Bodyweight exercise for quads and hamstrings.
 3. STEP-BACK LUNGE Bodyweight exercise for quads and hamstrings.	 4. WALL SIT Bodyweight exercise for quads.
 5. STAIRS LEG CURL Bodyweight exercise for hamstrings.	 6. BENCH SQUAT THUMB 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 KICKS Core exercise for stability.	 6. SIDE-LYING 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. BENCH ARMS Bodyweight exercise for shoulders.
 5. INVERTED ROW Bodyweight exercise for shoulders.	 6. SHOULDER CARVED Bodyweight exercise for shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BODY BRIDGE Bodyweight exercise for glutes and hamstrings.	 2. STANDING KNEE RAISE Bodyweight exercise for core and glutes.
 3. BENCH SQUAT Bodyweight exercise for quads and hamstrings.	 4. STEP-UP Bodyweight exercise for quads and hamstrings.
 5. FIRE HYDRANT Bodyweight exercise for glutes.	 6. WALL SQUAT BRIDGE HOLD Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Bodyweight exercise for chest.	 2. SUPERMAN HOLD Bodyweight exercise for back.
 3. BENCH-OVER BENCH Bodyweight exercise for chest and back.	 4. WALL PUSH-UP Bodyweight exercise for chest.
 5. CHEST FLY ON FLOOR Bodyweight exercise for chest.	 6. DR. PULLOVER Bodyweight exercise for chest and back.

Beginner Friendly Home Workout Explained 10189

Rose Army



Beginner Friendly Home Workout Explained 10189:

Adopting the Melody of Appearance: An Mental Symphony within **Beginner Friendly Home Workout Explained 10189**

In some sort of consumed by monitors and the ceaseless chatter of immediate communication, the melodic splendor and emotional symphony produced by the published term frequently disappear in to the background, eclipsed by the persistent sound and distractions that permeate our lives. However, situated within the pages of **Beginner Friendly Home Workout Explained 10189** a charming literary prize overflowing with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that interesting masterpiece conducts readers on a mental journey, skillfully unraveling the hidden melodies and profound impact resonating within each carefully constructed phrase. Within the depths of this emotional review, we can examine the book is central harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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