

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

| | |
|---|---|
|  1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |  2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then press it back down. |
|  3. DOTTMAN CURL Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |  4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |
|  5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it overhead. |  6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

| | |
|--|--|
|  1. GOBBY SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up. |  2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down. |
|  3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand back up. |  4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand back up. |
|  5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down. |  6. KNEE SQUAT PUNCH Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up. |

Home Workout Plan
CORE + STABILITY

DAY 3

| | |
|---|--|
|  1. DEAD BUG Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, lean back, then twist your torso. |
|  3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down. |  4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down. |
|  5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |

Home Workout Plan
SHOULDERS

DAY 4

| | |
|---|---|
|  1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, lift it to the side, then lower it back down. |  2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down. |
|  3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, lift it forward, then lower it back down. |  4. BENCH ARMS Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down. |
|  5. INVERTED ROW Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |  6. SHOULDER CARVED Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down. |

Home Workout Plan
BODY FOCUS

DAY 5

| | |
|---|---|
|  1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  2. STANDING KNEE SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up. |
|  3. BENCH SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up. |  4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then step back down. |
|  5. FIRE HYDRANT Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  6. WALL SQUAT BRIDGE HOLD Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |

Home Workout Plan
CHEST & BACK

DAY 6

| | |
|--|---|
|  1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |
|  3. BENCH-OVER BENCH Repetitions: 10-15 Hold the banner with both hands, lift it overhead, then lower it back down. |  4. WALL PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |
|  5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  6. DR. PULL-OVER Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |

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K Morrison



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