

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BANNER CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, squeezing your biceps.	 <b>2. OVERHEAD TRICEP PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Press the band overhead, extending your arms fully.
 <b>3. ZOTTMAN CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl the band up, alternating between your right and left hands.	 <b>4. TRICEP KICKBACK</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then kick your arms back, squeezing your triceps.
 <b>5. BICEP CURL TO PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl the band up, then press it overhead.	 <b>6. BICEP PULL-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, squeezing your biceps.

*Home Workout Plan*  
**QUADS & HAMSTRINGS**

**DAY 2**

 <b>1. GOBBY SQUAT</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, keeping your feet flat on the ground.	 <b>2. BRIDGEMAN DESEALTY</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Push your hips up, squeezing your glutes.
 <b>3. STEP-BACK LUNGE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot back, then lunge down.	 <b>4. WALL SIT</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Sit against a wall, keeping your back flat.
 <b>5. STAMMING LEG CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then curl your leg back.	 <b>6. BONE SQUAT PUNCH</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then punch your hands forward.

*Home Workout Plan*  
**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Lower your arms and legs towards the floor.	 <b>2. SEATED RUSSIAN TWIST</b> <small>30 seconds</small> Sit on the floor with knees bent and feet flat on the ground. Twist your torso from side to side.
 <b>3. PLANK ON ELBOWS</b> <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms parallel to the ground.	 <b>4. BIRD-DOG</b> <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the ground. Lift one arm and one leg.
 <b>5. PLUTTER KICKS</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Lift your feet and legs.	 <b>6. BIRD-DOG REACH</b> <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the ground. Lift one arm and one leg, then reach forward.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your arms out to the sides.	 <b>2. SHOULDER PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Press the band overhead.
 <b>3. FRONT RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your arms in front of you.	 <b>4. BICEP CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl the band up towards your chest.
 <b>5. INVERTED ROW</b> <small>30 seconds</small> Lie on your back with feet flat on the ground and a resistance band under your feet. Pull the band up towards your chest.	 <b>6. SHOULDER CIRCLES</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Circle your arms.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BUNDS</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Push your feet out.	 <b>2. STANDING KNEE RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your knees.
 <b>3. BONE SQUAT</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then punch your hands forward.	 <b>4. STEP-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up.
 <b>5. FIRE HYDRANT</b> <small>30 seconds</small> Lie on your side with knees bent and feet flat on the ground. Lift one leg.	 <b>6. WALL SQUAT BRIDGE HOLD</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then bridge your hips.

*Home Workout Plan*  
**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Press your hands up.	 <b>2. SUPERMAN HOLD</b> <small>30 seconds</small> Lie on your stomach with arms and legs extended.
 <b>3. BENT-OVER ROW</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend over and row.	 <b>4. WALL PULL-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest.
 <b>5. CHEST FLY ON FLOOR</b> <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Pull your hands together.	 <b>6. ONE-ARMED BRIDGE</b> <small>30 seconds</small> Lie on your back with one arm extended and feet flat on the ground. Bridge your hips.

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**Lingjun Ying**



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