

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold a banner with both hands, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands above your head, then lower it behind your head and press it back up.
 3. DOTTMAN CURL Repetitions: 10-15 Hold a banner with both hands, pull up to your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 6. BICEP PULL-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with your knees bent and feet flat on the floor, then twist your torso from side to side.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach with your elbows on the floor and your body in a straight line, then hold the position.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.
 5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 4. BENCH ARMS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.
 5. INVERTED ROW Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.
 3. BENCH SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.	 6. WALL SQUAT BRIDGE HOLD Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.
 3. BENCH-OVER BENCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.	 4. WALL PULL-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull up to your chest, then lower it behind your head and press it back up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor, then lift your head and shoulders off the ground.

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