

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 towards your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 3. JOYTIAM CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up towards 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 up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 6. BOMB 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 up towards your chest, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, bird-dog up, then lower it back down.
 5. PLUTTER HOCKS Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 4. BOMB ARMOUR Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.
 5. INVERTED BOW Repetitions: 10-15 Hold the banner with both hands, invert up, then lower it back down.	 6. SHOULDER CARDS Repetitions: 10-15 Hold the banner with both hands, invert up, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BOMB BRIDGE Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 2. STANDING KICKBACK Repetitions: 10-15 Stand on one leg, pull up towards your chest, then lower it back down.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE STAMMING Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. BOMB BOMB BRIDGE Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.
 3. BOMB-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, bomb over, then lower it back down.	 4. BOMB PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.	 6. BOMB PULLOVER Repetitions: 10-15 Lie on your back, pull up towards your chest, then lower it back down.

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Alexis Harding



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Home Fitness Blueprint Alexis Harding, 2026-01-19 Do you want to get fit build strength and stay consistent without going to the gym Home Fitness Blueprint is a practical beginner friendly guide designed to help you train effectively at home even if you have limited time space or equipment No complicated routines No unrealistic promises Just a clear step by step system you can actually follow This book is perfect for anyone who wants to improve their fitness in a simple sustainable way right from their living room What You ll Learn Inside This Book How to set up a safe and motivating home workout space Beginner friendly bodyweight exercises that actually work Simple cardio routines you can do without equipment How to build strength improve posture and protect your joints A realistic weekly workout plan you can adapt to your lifestyle Basic nutrition principles that support your training How to stay motivated and consistent long term Bonus Three complete at home workout plans with step by step exercise explanations Whether you re starting from zero or getting back into shape this guide shows you how to make home fitness practical enjoyable and effective Why This Book Is Different Unlike extreme programs or confusing fitness manuals Home Fitness Blueprint focuses on what truly works Consistency over intensity Clarity over complexity Progress that fits your body and your schedule No gym membership No fancy machines No pressure Just practical guidance to help you move better feel stronger and build healthy habits that last Who This Book Is For Beginners who want a safe place to start Busy adults looking for effective workouts at home Anyone who prefers training without a gym People who want structure without rigidity If you want a realistic maintainable approach to fitness this book is for you Start Your Home Fitness Journey Today You don t need perfect motivation you need a simple actionable plan Scroll up download your copy and take the first step toward a stronger healthier body right at home **The Home Workout Plan for Beginners** Dale L Roberts, 2019-02-06 Workout at Home with this Exercise Program for Beginners Are you ready to finally start working out but don t know where to begin Wouldn t it be nice to get a simple exercise program you can do from the comforts of your home Then The Home Workout Plan for Beginners has what you need without any filler No more fooling around with fad diets trendy workout programs or questionable weight loss theories You need sound advice on the fundamentals of working out with proven results and credible resources The Home Workout Plan for Beginners gives everything you need to start your new healthy lifestyle on the right foot and continue to even better health and fitness In The Home Workout Plan for Beginners you ll discover Why you don t have to kill yourself for impressive results How short exercise sessions work but only if you do them a certain way What exercises most workout plans need but don t have Easily modifiable at home exercises Hundreds of high quality images of exercise demonstrations Over 90 days of exercise programs to keep you going for months to come This workout guide is to the point so you can start now get results ASAP Stop hoping to get results by blindly searching online for answers Get the right information on the best steps for a beginner s home workout plan right NOW Get Your Copy and Start Your NEW At Home Workout Routine TODAY **The Beginner's Home Workout**

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Answer From assembling a few pieces of basic training equipment to setting up a complete gym in a room in your house at home workouts could be the key to your fitness Home Fitness entails exactly what it implies executing your personal fitness routine while at home using a variety of different techniques Home fitness has been in our lives for decades and it's taken on a new role since the Covid 19 pandemic closed gyms around the world Whether it's a yoga class on Zoom or panic buying a Peloton many of us are trying to find ways to exercise effectively within four walls Whether you are looking to improve your cardiovascular system lose weight gain lean muscle mass or just stay active in home training has a place in your life And the benefits of staying fit are no secret Improvements in cardiovascular and respiratory health better regulation of blood sugar the potential to reduce or eliminate prescription medications such as for diabetes or blood pressure weight loss reduction in cancer risk and improved musculoskeletal strength are some of the better known But when you're working out at home you're responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we'd rather avoid right now And the good news is that's something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that takes the guesswork out for you and will give you the whole exercise plan

Home Workouts for Beginners Peggy Twomey, 2025-09-10 Transform Your Body from Home No Gym No Equipment No Excuses Are you new to fitness and want a simple way to start working out without spending money on equipment or gym memberships Home Workouts for Beginners Get Fit Without Equipment is your ultimate step by step guide to building strength burning fat and boosting energy all from the comfort of your home This beginner friendly guide is designed for everyday people who want real results without complicated routines Whether you're short on time space or experience this book shows you how to create a consistent workout habit and stay motivated Inside you'll discover Simple effective bodyweight workouts you can do anywhere A 4 week progressive training plan designed for beginners Exercises that improve strength flexibility and endurance How to build a routine that fits your lifestyle no more excuses Tips to avoid common mistakes and stay safe while exercising Motivational strategies to keep you consistent and achieve lasting results No matter your fitness level age or schedule this book will help you take control of your health and feel stronger leaner and more confident If you're ready to finally start a workout plan you can stick to without expensive gyms or equipment this is the book for you Take the first step toward a healthier you Scroll up and grab your copy today

The Comprehensive Full Body Workout Guide for Beginners Dr Sophia Emily, 2025-08-19 New to fitness Feeling overwhelmed by confusing routines or gym jargon You're not alone and you've just found your roadmap to strength confidence and seamless progress The Comprehensive Full Body Workout Guide for Beginners is more than a fitness book it's your welcoming step by step coach Whether you're exercising at home with no equipment or stepping foot into a gym for the first time this guide empowers you to move grow and thrive one beginner friendly session at a time

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Home Fitness Revolution August Walker, 2025-11-17 Home Fitness Revolution Transform Your Body Reclaim Your Strength Build a Life You're Proud Of Right From Home Are you tired of complicated workout plans expensive gym memberships and fitness advice that feels impossible to follow Home Fitness Revolution gives you a simple science backed system to get stronger healthier and fitter without leaving your living room Inside this powerful guide you'll discover a step by step approach designed for beginners busy professionals parents and anyone who wants real results without pressure or confusion No fancy equipment No overwhelming plans Just a clear path to a healthier you Inside This Book You Will Learn A realistic home workout blueprint that fits your schedule even if you're always busy Beginner friendly strength routines that sculpt your body using bodyweight or simple tools Daily and weekly workout structures so you never wonder What should I do today Fat burning protocols you can do in 10 20 minutes Essential flexibility mobility flows for pain relief and joint health Nutrition strategies anyone can follow simple sustainable and practical Motivation techniques to help you break excuses and stay consistent Progress tracking systems that turn small steps into huge long term results Why This Book Works Even If You've Tried Before Most fitness books overwhelm you with complicated routines unrealistic expectations or gym only exercises Home Fitness Revolution is different it's built for real people Every chapter removes confusion and gives you clear doable steps Even if you're a total beginner even if you've failed before you will finally have a plan that works for your life Your Transformation Starts Today If you're ready to feel stronger move better boost your confidence and finally take control of your health this book will show you exactly how to make it happen

P90x Home Workout for Beginners Amira Castillo, 2025-08-23 Starting a fitness journey can feel overwhelming especially when every workout program looks complicated or designed for people who already seem fit That's why this book was written for you the true beginner who wants to step into the world of P90X without the confusion the stress or the fear of falling behind From the very first page you'll feel guided and supported This isn't just another workout manual filled with jargon It's a conversation with you the beginner who is ready to try something new Together we explore what P90X is why it works so well at home and how you can

make it fit into your own life no matter your space time or current fitness level Every chapter is designed to give you clarity and confidence You ll learn how to set up a simple home workout space follow a beginner friendly P90X schedule and master strength training basics for both upper and lower body You ll discover cardio options that don t require fancy machines core workouts that actually deliver results and stretching routines that even the least flexible person can enjoy Nutrition goal setting safety tips and realistic sample plans are all laid out so that you can finally feel in control of your progress To everyone who chooses this book and places it on their shelf thank you It shows that you believe in yourself and in the power of taking small consistent steps toward better health That belief is what transforms a beginner into someone stronger healthier and more confident If you ve ever felt like fitness programs are too hard too fast or just not made for someone like you this is your fresh start The pages ahead are your roadmap to building strength energy and confidence at home All you need to do is open the book take it one chapter at a time and start moving This is your chance to take action today Begin your P90X home workout journey with this guide at your side and see what happens when you finally give yourself permission to start

21 Day Low-Impact Beginner Workout Challenge Dominique Myers,2025-12-21 Start moving with confidence using the 21 Day Low Impact Beginner Workout Challenge a simple and approachable fitness program designed for beginners seniors and anyone looking for joint friendly workouts at home This program includes 21 unique low impact workouts that gradually increase from 5 to 30 minutes making it perfect for those who want to build strength improve mobility and increase endurance without jumping or high impact movements Each workout requires no equipment and focuses on safe effective movements using bodyweight strength training balance work light cardio and functional exercises Advanced modifications are included so you can progress at your own pace Whether you are new to exercise returning after time off or simply want a low impact option that fits into your schedule this 21 day challenge helps you build consistency and feel stronger one workout at a time If you want a beginner friendly no equipment low impact workout plan you can do at home this challenge was created for you

The Absolutely Beginner's Resistance Band Exercise Guide Candelaria Mungia,2025-08-14 Feel like your workouts are too complicated too expensive or just too hard to stick with You re not alone Many beginners struggle to find a simple way to build strength improve flexibility and stay motivated especially when the gym feels intimidating or costly This beginner friendly guide shows you how to turn a single resistance band into a complete home workout system No confusion No endless routines Just straightforward steps you can follow at your own pace with movements designed to protect your joints and build real lasting strength Inside you ll discover Confidence building tips to start safely and avoid common beginner mistakes Full body routines that energize you without draining your time or budget Upper and lower body exercises that replace heavy weights while delivering powerful results Core and stability training to protect your back and improve everyday movement Gentle recovery moves to keep your body flexible and pain free Balance and posture sequences that support better alignment and mobility Safe options for older adults and those easing back into

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