

# HOME WORKOUT PLAN

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

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

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 <b>6. BICEP PULL-UP</b> 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**

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

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

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, lean back, twist your torso from side to side.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Lie on your stomach, rest on your elbows, hold the plank position.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Lie on your stomach, lift your opposite arm and leg, then lower them back down.
 <b>5. PLUTTER BICYCLE</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand on one side, lift your arm up towards the side.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand on one side, lift your arm up towards the front.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Stand on one side, lift your arm up towards the front.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Stand on one side, lift your arm up towards the front.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>6. SHOULDER CARDS</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.

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**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>2. STANDING KNEE SQUAT</b> Repetitions: 10-15 Stand on one side, lift your arm up towards the front.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>4. STEP-UP</b> Repetitions: 10-15 Stand on one side, lift your arm up towards the front.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>6. WALL BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>4. WALL PULL-UP</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 <b>6. BENCH PULL-OVER</b> Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.

# Beginner Friendly Home Workout Step Plan For Workers

**Lei Huang**



## **Beginner Friendly Home Workout Step Plan For Workers:**

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## **Table of Contents Beginner Friendly Home Workout Step Plan For Workers**

1. Understanding the eBook Beginner Friendly Home Workout Step Plan For Workers
  - The Rise of Digital Reading Beginner Friendly Home Workout Step Plan For Workers
  - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Step Plan For Workers
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Beginner Friendly Home Workout Step Plan For Workers
  - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Step Plan For Workers
  - Personalized Recommendations
  - Beginner Friendly Home Workout Step Plan For Workers User Reviews and Ratings
  - Beginner Friendly Home Workout Step Plan For Workers and Bestseller Lists
5. Accessing Beginner Friendly Home Workout Step Plan For Workers Free and Paid eBooks
  - Beginner Friendly Home Workout Step Plan For Workers Public Domain eBooks
  - Beginner Friendly Home Workout Step Plan For Workers eBook Subscription Services
  - Beginner Friendly Home Workout Step Plan For Workers Budget-Friendly Options

6. Navigating Beginner Friendly Home Workout Step Plan For Workers eBook Formats
  - ePub, PDF, MOBI, and More
  - Beginner Friendly Home Workout Step Plan For Workers Compatibility with Devices
  - Beginner Friendly Home Workout Step Plan For Workers Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Step Plan For Workers
  - Highlighting and Note-Taking Beginner Friendly Home Workout Step Plan For Workers
  - Interactive Elements Beginner Friendly Home Workout Step Plan For Workers
8. Staying Engaged with Beginner Friendly Home Workout Step Plan For Workers
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Beginner Friendly Home Workout Step Plan For Workers
9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Step Plan For Workers
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Beginner Friendly Home Workout Step Plan For Workers
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Home Workout Step Plan For Workers
  - Setting Reading Goals Beginner Friendly Home Workout Step Plan For Workers
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginner Friendly Home Workout Step Plan For Workers
  - Fact-Checking eBook Content of Beginner Friendly Home Workout Step Plan For Workers
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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