

HOME WORKOUT PLAN

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Home Workout Plan
BICIPITS & TRICEPS

DAY 1

| | |
|--|--|
|  1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, feet shoulder-width apart. Bend your knees and lift the banner towards your chest. |  2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head. Press the banner upwards. |
|  3. JOYTIAM CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Curl the banner upwards. |  4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Kick your legs back and lift the banner upwards. |
|  5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Curl the banner upwards and then press it upwards. |  6. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Push the banner upwards. |

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

| | |
|--|---|
|  1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and squat down. |  2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips. |
|  3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lunge down. |  4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and sit down. |
|  5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Curl your legs back. |  6. BENCH SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and squat down. Punch the banner upwards. |

Home Workout Plan
CORE + STABILITY

DAY 3

| | |
|---|---|
|  1. DEAD BUG Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs. |  2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat on the floor. Twist your torso. |
|  3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your side with elbows on the floor and feet flat on the floor. Lift your hips. |  4. BIRD-DOG Repetitions: 10-15 Lie on your stomach with knees bent and feet flat on the floor. Lift your arms and legs. |
|  5. PLUTTER HICKS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs. |  6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms and legs. |

Home Workout Plan
SHOULDERS

DAY 4

| | |
|---|--|
|  1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms out to the sides. |  2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Press the banner upwards. |
|  3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms in front of you. |  4. BENCH ARMS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Push the banner upwards. |
|  5. INVERTED ROW Repetitions: 10-15 Lie on your back with feet flat on the floor. Lift your arms. |  6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Push the banner upwards. |

Home Workout Plan
BODY FOCUS

DAY 5

| | |
|---|--|
|  1. BENCH BRIDGE Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips. |  2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your knees. |
|  3. BENCH SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and squat down. |  4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up. |
|  5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with knees bent and feet flat on the floor. Lift your legs. |  6. BENCH BATH BATHING HIPS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips. |

Home Workout Plan
CHEST & BACK

DAY 6

| | |
|---|---|
|  1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Press the banner upwards. |  2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach with arms and legs extended. |
|  3. BENCH-OVER BENCH Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms. |  4. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Push the banner upwards. |
|  5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms. |  6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your arms. |

Beginner Friendly Home Workout Explained For Workers

Michael Seilmaier



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