

# HOME WORKOUT PLAN

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

**DAY 1**

<p><b>1. BARNER DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p><b>2. OVERHEAD TRICEP PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>
<p><b>3. JOYTIAN DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p><b>4. TRICEP KICKBACK</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells back and up, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>
<p><b>5. BICEP CURL TO PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p><b>6. BICEP PUSH-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>

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

**DAY 2**

<p><b>1. GOBBY SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p><b>2. BRIDGEMAN DESEALTY</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>
<p><b>3. STEP-BACK LUNGE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Step one foot back and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p><b>4. WALL SIT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>
<p><b>5. STAMMING LEG CURL</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p><b>6. ROMAN SQUAT FOCUS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>

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

**DAY 3**

<p><b>1. DEAD BUG</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower one arm and the opposite leg towards the floor, keeping your core tight. Repeat.</p>	<p><b>2. SEATED RUSSIAN TWIST</b> 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Lean back slightly and twist your torso from side to side. Repeat.</p>
<p><b>3. PLANK ON ELBOWS</b> 30 seconds rest</p> <p>Lie on your stomach with your elbows on the floor and your body in a straight line. Hold this position for the duration of the set.</p>	<p><b>4. BIRD-DOG</b> 30 seconds rest</p> <p>Lie on your stomach with your knees bent and feet flat on the floor. Lift one arm and the opposite leg towards the ceiling, keeping your core tight. Repeat.</p>
<p><b>5. PLUTTER KICKS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your feet and lower them back down, keeping your core tight. Repeat.</p>	<p><b>6. BIRD-YOGA REACH</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift one arm and the opposite leg towards the ceiling, keeping your core tight. Repeat.</p>

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

<p><b>1. LATERAL RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells out to the sides, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p><b>2. SHOULDER PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>
<p><b>3. FRONT RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift the dumbbells in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p><b>4. BENCH ARMS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>
<p><b>5. INVERTED ROW</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>	<p><b>6. SHOULDER CARVED</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down and repeat.</p>

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

<p><b>1. BUNNY BRIDGE</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and lower back towards the ceiling, keeping your core tight. Repeat.</p>	<p><b>2. STANDING KNEE RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Lift one knee towards your chest, keeping your core tight. Repeat.</p>
<p><b>3. BENCH SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>	<p><b>4. STEP-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Step one foot up and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>
<p><b>5. FIRE HYDRANT</b> 30 seconds rest</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift one leg towards the ceiling, keeping your core tight. Repeat.</p>	<p><b>6. WALL SITS BRIDGE HOLD</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>

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

**DAY 6**

<p><b>1. FLOOR CHEST PRESS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest and lower them back down, keeping your core tight. Repeat.</p>	<p><b>2. SUPERMAN HOLD</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your arms and legs towards the ceiling, keeping your core tight. Repeat.</p>
<p><b>3. BENT-OVER ROW</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Pull the dumbbells towards your chest and repeat.</p>	<p><b>4. WALL PUSH-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells in front of your chest. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up and repeat.</p>
<p><b>5. CHEST FLY ON FLOOR</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest and lower them back down, keeping your core tight. Repeat.</p>	<p><b>6. DR. PULLOVER</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells in front of your chest and lower them back down, keeping your core tight. Repeat.</p>

# Beginner Friendly Home Workout Explained

**M Lipman**



## **Beginner Friendly Home Workout Explained:**

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