

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

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

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, squat down, then stand up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, lift your hips, then lower them.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, step one foot back, then return to start.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, lean against a wall, then sit down.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, pull it up to your chest, then pull it up.	 6. BOMB SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart, 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 with knees bent, hold the banner with both hands, lift your head, then lower it.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent, hold the banner with both hands, twist your torso, then return to start.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, lift your hips, then lower them.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, lift one arm and one leg, then return to start.
 5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, lift your head, then lower it.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, lift your head, then lower it.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, lift your arms to the side, then lower them.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, press it up, then lower it.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, lift your arms in front of you, then lower them.	 4. BOMB ARMWAVE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, wave your arms, then return to start.
 5. WRECKIT BOW Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, pull it up to your chest, then pull it up.	 6. SHOULDER CARVE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, pull it up to your chest, then pull it up.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, lift your hips, then lower them.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, lift one knee, then return to start.
 3. BOMB SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, squat down, then stand up.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, step one foot up, then return to start.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with knees bent, hold the banner with both hands, lift one leg, then return to start.	 6. WALL BUNTS BRIDGE HOLD Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, lift your hips, then lower them.

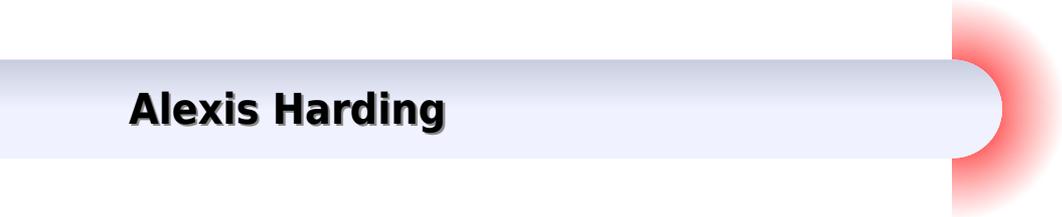
Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, press it up, then lower it.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach on your elbows, hold the banner with both hands, lift your arms and legs, then lower them.
 3. BENT-OVER BOW Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, bend over, then return to start.	 4. WALL PULL-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, pull it up to your chest, then pull it up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, lift your arms, then lower them.	 6. DO PULLOVER Repetitions: 10-15 Lie on your back with knees bent, hold the banner with both hands, pull it up to your chest, then pull it up.

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Alexis Harding



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