

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER CURL Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your elbows and lift the weights towards your shoulders.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Press the weight straight up.
 3. DUMBBELL CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights towards your shoulders.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights straight back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Bend your elbows and lift the weights towards your shoulders. Press the weights straight up.	 6. BENCH PUSH-UP Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell in each hand. Push the weights straight up.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lower your body towards the ground.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with your knees bent. Lift your hips towards the ceiling.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lower your body towards the ground.	 4. WALL SIT Repetitions: 10-15 Stand with your back against a wall. Bend your knees and lower your body towards the ground.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lift your heels towards your buttocks.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Lie on your back on a bench. Bend your knees and lift your hips towards the ceiling. Punch your arms straight up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with your knees bent. Lift your arms and legs towards the ceiling.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with your knees bent. Twist your torso from side to side.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach on your elbows. Lift your hips towards the ceiling.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach on your elbows. Lift one arm and one leg towards the ceiling.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with your knees bent. Lift your feet towards the ceiling.	 6. BIRD-FLYING BEACH Repetitions: 10-15 Lie on your back with your knees bent. Lift one arm and one leg towards the ceiling.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms straight out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in each hand. Press the weights straight up.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms straight out in front of you.	 4. BENCH ARMS Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell in each hand. Lift your arms straight up.
 5. INVERTED ROW Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell in each hand. Pull the weights towards your chest.	 6. SHOULDER CARVED Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell in each hand. Lift your arms straight up.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back with your knees bent. Lift your hips towards the ceiling.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one knee towards your chest.
 3. BENCH SQUAT Repetitions: 10-15 Lie on your back on a bench. Bend your knees and lift your hips towards the ceiling.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up onto a bench.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side on your elbows. Lift one leg towards the ceiling.	 6. BENCH BUNNY BRIDGE Repetitions: 10-15 Lie on your back on a bench. Bend your knees and lift your hips towards the ceiling.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back on the floor. Hold a dumbbell in each hand. Press the weights straight up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back on the floor. Lift your arms and legs towards the ceiling.
 3. BENCH-OVER BENCH Repetitions: 10-15 Lie on your back on a bench. Lift one arm and one leg towards the ceiling.	 4. BENCH PUSH-UP Repetitions: 10-15 Lie on your back on a bench. Push your arms straight up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back on the floor. Hold a dumbbell in each hand. Lift your arms towards your chest.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell in each hand. Pull the weights towards your chest.

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1. Understanding the eBook Beginner Friendly Home Workout 6073 44737
 - The Rise of Digital Reading Beginner Friendly Home Workout 6073 44737
 - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout 6073 44737
 - 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 6073 44737
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout 6073 44737
 - Personalized Recommendations
 - Beginner Friendly Home Workout 6073 44737 User Reviews and Ratings
 - Beginner Friendly Home Workout 6073 44737 and Bestseller Lists

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 - Beginner Friendly Home Workout 6073 44737 eBook Subscription Services
 - Beginner Friendly Home Workout 6073 44737 Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout 6073 44737 eBook Formats
 - ePub, PDF, MOBI, and More
 - Beginner Friendly Home Workout 6073 44737 Compatibility with Devices
 - Beginner Friendly Home Workout 6073 44737 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout 6073 44737
 - Highlighting and Note-Taking Beginner Friendly Home Workout 6073 44737
 - Interactive Elements Beginner Friendly Home Workout 6073 44737
8. Staying Engaged with Beginner Friendly Home Workout 6073 44737
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beginner Friendly Home Workout 6073 44737
9. Balancing eBooks and Physical Books Beginner Friendly Home Workout 6073 44737
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beginner Friendly Home Workout 6073 44737
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Home Workout 6073 44737
 - Setting Reading Goals Beginner Friendly Home Workout 6073 44737
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginner Friendly Home Workout 6073 44737
 - Fact-Checking eBook Content of Beginner Friendly Home Workout 6073 44737
 - 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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