

HOME WORKOUT PLAN

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

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 Hold the banner with both hands, lift it overhead, then lower it back down. |
|  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 Hold the banner with both hands, pull up to your chest, then lower it back down. |
|  5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it overhead. |  6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

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

Home Workout Plan
CORE + STABILITY

DAY 3

| | |
|--|--|
|  1. DEAD BUG Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, lean back, then twist your torso. |
|  3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands, hold the plank position. |  4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, lift one leg and one arm. |
|  5. PLUTTER KICKS Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |

Home Workout Plan
SHOULDERS

DAY 4

| | |
|---|--|
|  1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise your arms to the side. |  2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press it overhead. |
|  3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise your arms in front of you. |  4. BOMB ARMABAR Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |
|  5. INVERTED BOW Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |  6. SHOULDER CARVED Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |

Home Workout Plan
BODY FOCUS

DAY 5

| | |
|--|--|
|  1. BOMB BRIDGE Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  2. STANDING KNEE RAISE Repetitions: 10-15 Stand on one leg, raise the other leg, then lower it back down. |
|  3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up. |  4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then step back down. |
|  5. FIRE STAMMING Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down. |  6. BOMB BOMB BRIDGE Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |

Home Workout Plan
CHEST & BACK

DAY 6

| | |
|---|---|
|  1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |
|  3. BOMB-OVER BOMB Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |  4. BOMB PULL-UP Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down. |
|  5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |  6. BOMB PULLOVER Repetitions: 10-15 Lie on your back, pull your knees up, then lower them back down. |

Beginner Friendly Home Workout For Creators

Ying-Ying Zheng



Beginner Friendly Home Workout For Creators:

Decoding **Beginner Friendly Home Workout For Creators**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Beginner Friendly Home Workout For Creators**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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