

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, keeping your elbows close to your body.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then press it overhead, extending your arms fully.
 3. DOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it out to the sides, forming a 'D' shape.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then kick your feet back, extending your arms behind you.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then press it overhead.	 6. BICEP PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it up towards your shoulders.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, keeping your feet flat on the floor.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot back and lunge down.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Sit back against a wall with your knees bent at a 90-degree angle.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it down towards your feet.	 6. KNEE SQUAT PUNCH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then punch your hands forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lower your arms and legs towards the floor.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with knees bent and feet flat on the floor. Twist your torso from side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms on the ground.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the floor. Lift one arm and one leg.
 5. PLUTTER BICYCLE <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Pedal your feet in a circular motion.	 6. SIDE-LYING BEACH <small>30 seconds</small> Lie on your side with knees bent and feet flat on the floor. Lift your hips.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your arms out to the sides.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Press the band up towards your chest.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your arms straight in front of you.	 4. BICEP CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest.
 5. INVERTED ROW <small>30 seconds</small> Lie on your back with feet flat on the floor and a resistance band under your feet. Pull the band up towards your chest.	 6. SHOULDER CARVED <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, then pull it out to the sides.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your feet out to the sides.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your knees.
 3. BUNNY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, pushing your feet out to the sides.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with knees bent and feet flat on the floor. Lift one leg.	 6. WALL BUNTS BRIDGE WITH <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up towards the ceiling.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Press your hands up towards your chest.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with arms and legs extended. Lift your arms and legs.
 3. BENT-OVER ROW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend over and pull the band up towards your chest.	 4. WALL PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Pull your hands towards your chest.	 6. ON FLOOR <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Pull your hands towards your chest.

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the skills that are applied tabulating of information reasoning used to link the star grading policy to hotel room infrastructure and technology problem solving skills to meet the grading standards from a hotel's perspective customer service skills in a dialogue

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