

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 Hold the banner with both hands above your head, press up, 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 up.	 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 up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.
 3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 6. KNEE SQUAT PUNCH Repetitions: 10-15 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, pull up to your chest, then lower it back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, twist to the left, then twist to the right.
 3. PLANK ON ELBES Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands, bird up, then lower it back down.
 5. PLUTTER HICKS Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands, raise up to the side, then lower it back down.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands, raise up in front, then lower it back down.	 4. BENCH ARMS Repetitions: 10-15 Hold the banner with both hands, bench up, then lower it back down.
 5. INVERTED ROW Repetitions: 10-15 Hold the banner with both hands, row up, then lower it back down.	 6. SHOULDER CARVED Repetitions: 10-15 Hold the banner with both hands, carved up, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. STANDING KNEE SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.
 3. BENCH SQUAT Repetitions: 10-15 Hold the banner with both hands, squat down, then stand up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 6. WALL SQUAT BRIDGE HOLD Repetitions: 10-15 Hold the banner with both hands, squat down, then bridge up.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.
 3. BENCH-OVER BENCH Repetitions: 10-15 Hold the banner with both hands, bench up, then lower it back down.	 4. WALL 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 up to your chest, then lower it back down.	 6. DR. PULL-OVER Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

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Marcel A. Müller



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