

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, squeezing your biceps.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Press the band overhead, extending your arms fully.
 3. ZOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl the band up, alternating between palm up and palm down.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your knees and push the band back, squeezing your triceps.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl the band up and then press it overhead.	 6. BICEP PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band up from the floor, squeezing your biceps.

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, squeezing your glutes.
 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, keeping your feet flat on the floor.
 5. STANDING 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, squeezing your hamstrings.	 6. BONE SQUAT PUNCH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down and punch the band 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. Hold your body in a straight line.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms on the ground. Lift one arm and one leg.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Lift your feet and lower them back down.	 6. BIRD-YOGA REACH <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Reach one arm up and the other down.

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. Raise 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 overhead.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise 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. Curl the band up towards your chest.
 5. INVERTED ROW <small>30 seconds</small> Lie on your back with feet on a chair or bench and hands on the floor. Pull your body up towards the hands.	 6. SHOULDER CARVED <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and across your body.

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 towards your chest.
 3. BONE SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down and punch the band forward.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up onto a chair or bench.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with knees bent and feet flat on the floor. Lift one leg up towards the ceiling.	 6. WALL BUNTS BRIDGE HOLD <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Push your hips up against a wall.

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 the band up from the floor.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with arms and legs extended. Lift your arms and legs off the floor.
 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 PUSH-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Push the band up from the floor.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Pull the band up towards your chest.	 6. ON FLOOR YOGA <small>30 seconds</small> Lie on your back with knees bent and feet flat on the floor. Pull one knee towards your chest.

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Ian Pickup



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