

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 <b>3. JOYTIAM CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then press it up.	 <b>6. BICEP PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.

*Home Workout Plan*  
**QUADS & HAMSTRINGS**

**DAY 2**

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

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**CORE + STABILITY**

**DAY 3**

 <b>1. BEAR HUG</b> Repetitions: 10-15 Hold the banner with both hands, hug yourself, then lower it back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Hold the banner with both hands, twist side to side.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands, plank on elbows.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands, bird-dog position.
 <b>5. PLUTTER HUGS</b> Repetitions: 10-15 Hold the banner with both hands, hug yourself, then lower it back down.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Hold the banner with both hands, bird-yoga beach position.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise side to side.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press up.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise front to front.	 <b>4. BOMB ARMCHAIR</b> Repetitions: 10-15 Hold the banner with both hands, armchair position.
 <b>5. WRECKIT BOW</b> Repetitions: 10-15 Hold the banner with both hands, bow position.	 <b>6. SHOULDER CARDS</b> Repetitions: 10-15 Hold the banner with both hands, cards position.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BOMB BRIDGE</b> Repetitions: 10-15 Hold the banner with both hands, bridge up.	 <b>2. STANDING KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, kick back.
 <b>3. BOMB SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands, step up.
 <b>5. FIRE STAMMING</b> Repetitions: 10-15 Hold the banner with both hands, stamming position.	 <b>6. BOMB BOMB BRIDGE HUG</b> Repetitions: 10-15 Hold the banner with both hands, bridge hug position.

*Home Workout Plan*  
**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Hold the banner with both hands, chest press on floor.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Hold the banner with both hands, superman hold.
 <b>3. BOMB-OVER BOMB</b> Repetitions: 10-15 Hold the banner with both hands, bomb-over bomb.	 <b>4. BOMB PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull-up.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Hold the banner with both hands, chest fly on floor.	 <b>6. BOMB PULLOVER</b> Repetitions: 10-15 Hold the banner with both hands, pullover.

# Beginner Friendly Home Workout Tips 17663 56327

**David Baud**



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## Enjoying the Tune of Phrase: An Mental Symphony within **Beginner Friendly Home Workout Tips 17663 56327**

In some sort of eaten by screens and the ceaseless chatter of immediate communication, the melodic splendor and emotional symphony produced by the published term frequently diminish into the background, eclipsed by the relentless sound and distractions that permeate our lives. However, located within the pages of **Beginner Friendly Home Workout Tips 17663 56327** a wonderful literary prize full of natural feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this fascinating masterpiece conducts visitors on a mental journey, well unraveling the concealed melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of the emotional evaluation, we shall examine the book is key harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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