

HOME WORKOUT PLAN

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Home Workout Plan
BICIPITS & TRICEPS

DAY 1

<p>1. BARNER DUMBS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then lower them back down.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells overhead. Press the dumbbells up and down, keeping your elbows close to your head.</p>
<p>3. JOYTIAN DUMBS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, then lower them back down.</p>	<p>4. TRICEP KICKBACK 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells back and up, then lower them back down.</p>
<p>5. BICEP CURL TO PRESS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Curl the dumbbells up and then press them overhead.</p>	<p>6. BENCH PUSH-UP 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lower the dumbbells towards your chest, then push them back up.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Squat down and then stand back up.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Squat down and then stand back up.</p>
<p>3. STEP-BACK LUNGE 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Step one foot back and lunge down, then return to the starting position.</p>	<p>4. WALL SIT 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Sit against a wall and hold the position.</p>
<p>5. STAMMING LEG CURL 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Curl one leg up and then lower it back down.</p>	<p>6. BENCH SQUAT PUNCH 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Squat down and then punch the dumbbells forward.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower your arms and legs towards the floor, then bring them back up.</p>	<p>2. SEATED RUSSIAN TWIST 30 seconds</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side.</p>
<p>3. PLANK ON ELBOWS 30 seconds</p> <p>Lie on your stomach with your elbows on the floor and your body in a straight line. Hold the position.</p>	<p>4. BIRD-DOG 30 seconds</p> <p>Lie on your stomach with your knees bent and feet flat on the floor. Lift one arm and one leg, then return to the starting position.</p>
<p>5. PLUTTER KICKS 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your legs and flutter them up and down.</p>	<p>6. BIRD-YOGA BEACH 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift one arm and one leg, then return to the starting position.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells out to the sides.</p>	<p>2. SHOULDER PRESS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Press the dumbbells up and down.</p>
<p>3. FRONT RAISE 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells in front of you.</p>	<p>4. BENCH ARMS 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lower the dumbbells towards your chest, then push them back up.</p>
<p>5. INVERTED BOW 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells up and over your head.</p>	<p>6. SHOULDER CIRCLES 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Circle the dumbbells in a circle.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BRIDGE 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and hold the position.</p>	<p>2. STANDING KNEE RAISE 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift one knee up and then lower it back down.</p>
<p>3. BENCH SQUAT 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Squat down and then stand back up.</p>	<p>4. STEP-UP 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Step one foot up and then return to the starting position.</p>
<p>5. FIRE HYDRANT 30 seconds</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift one leg up and then lower it back down.</p>	<p>6. BENCH SQUAT BENCH WALK 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Squat down and then walk the dumbbells forward.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Press the dumbbells up and down.</p>	<p>2. SUPERMAN HOLD 30 seconds</p> <p>Lie on your stomach with your arms and legs extended. Hold the position.</p>
<p>3. BENCH-OVER BENCH 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lower the dumbbells towards your chest, then push them back up.</p>	<p>4. BENCH PUSH-UP 30 seconds</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lower the dumbbells towards your chest, then push them back up.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift the dumbbells up and then lower them back down.</p>	<p>6. BENCH PULLOVER 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift one dumbbell up and then lower it back down.</p>

Beginner Friendly Home Workout Explained

Annelies Wilder-Smith



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