

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICIPITS & TRICEPS**

**DAY 1**

 <b>1. BANNER CURL</b> <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.	 <b>2. OVERHEAD TRICEP PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.
 <b>3. JOYTIAM CURL</b> <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.	 <b>4. TRICEP KICKBACK</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up and over your head, then press it down behind your back.
 <b>5. BICEP CURL TO PRESS</b> <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 up and over your head.	 <b>6. BICEP PUSH-UP</b> <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 up and over your head.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then stand back up.	 <b>2. BRIDGEMAN DESEALTY</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then stand back up.
 <b>3. STEP-BACK LUNGE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step back with one foot, then lunge down.	 <b>4. WALL SIT</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then sit against a wall.
 <b>5. STAMMING LEG CURL</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then curl your leg back.	 <b>6. BROAD SQUAT PUNCH</b> <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**

 <b>1. DEAD BUG</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>2. SEATED RUSSIAN TWIST</b> <small>30 seconds</small> Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side.
 <b>3. PLANK ON ELBOWS</b> <small>30 seconds</small> Lie on your side with your elbows under your shoulders and feet flat on the floor. Lift your hips off the ground.	 <b>4. BIRD-DOG</b> <small>30 seconds</small> Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 <b>5. PLUTTER BICYCLE</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. BIRD-YOGA BEACH</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift the band up towards your shoulders.	 <b>2. SHOULDER PRESS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Press the band up towards your head.
 <b>3. FRONT RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift the band up towards your shoulders.	 <b>4. BENCH ARMS</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift the band up towards your shoulders.
 <b>5. INVERTED ROW</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. SHOULDER CIRCLES</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift the band up towards your shoulders.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BUNDS</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>2. STANDING KNEE RAISE</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift your knees up towards your chest.
 <b>3. BUNNY SQUAT</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>4. STEP-UP</b> <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step up with one foot, then lunge down.
 <b>5. FIRE HYDRANT</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. WALL BUNTS BUNDS WITH</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>2. SUPERMAN HOLD</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 <b>3. BENT-OVER ROW</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>4. WALL PUSH-UP</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.
 <b>5. CHEST FLY ON FLOOR</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.	 <b>6. ON FLOOR</b> <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.

# Beginner Friendly Home Workout Explained For Workers

**Xiaolong Qi**



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**Weight Training Made Easy** Joyce L Vedral, PH D,Joyce Vedral,1997-12     **The Railroad Worker** ,1917     **The Jewish Woman** ,1921     **The Review of Reviews** William Thomas Stead,1914     The Pennsylvania School Journal Thomas Henry Burrowes,James Pyle Wickersham,Elnathan Elisha Higbee,David Jewett Waller,Nathan C. Schaeffer,John Piersol McCaskey,Thomas Edward Finegan,James Herbert Kelley,1918     **Organized Sunday School Work in America, 1908-1911** ,1911     **The Art Amateur** ,1898     **Weekly World News** ,1993-10-12 Rooted in the creative success of over

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