

HOME WORKOUT PLAN

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Home Workout Plan
BICIPITS & 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 Stand with feet shoulder-width apart, hold the banner with both hands above your head, then press it up and down.
 3. JOYTEAM 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 Stand with feet shoulder-width apart, hold the banner with both hands, then kick your arms back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then curl it up and press it down.	 6. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then push up and down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then bridge your hips.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lunge back.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then sit against the wall.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then curl your legs.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat and punch.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, hold the banner with both hands, then move your arms and legs.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, hold the banner with both hands, then twist your torso.
 3. PLANK ON ELBOWS Repetitions: 10-15 Lie on your stomach, hold the banner with both hands, then lift your body.	 4. BIRD-DOG Repetitions: 10-15 Lie on your stomach, hold the banner with both hands, then lift your arms and legs.
 5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back, hold the banner with both hands, then move your arms and legs.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, hold the banner with both hands, then lift your arms and legs.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then raise your arms.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then press it up.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then raise your arms.	 4. BENCH ARMS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift your arms.
 5. INVERTED ROW Repetitions: 10-15 Lie on your back, hold the banner with both hands, then pull it up.	 6. SHOULDER CARDS Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then move your arms.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BENCH BRIDGE Repetitions: 10-15 Lie on your back, hold the banner with both hands, then lift your hips.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then raise your knees.
 3. BENCH SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then squat down.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then step up.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side, hold the banner with both hands, then lift your leg.	 6. BENCH BIRTH BANGING HIPS Repetitions: 10-15 Lie on your back, hold the banner with both hands, then move your hips.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your stomach, hold the banner with both hands, then press it up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach, hold the banner with both hands, then lift your arms and legs.
 3. BENCH-OVER BENCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then lift your arms.	 4. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold the banner with both hands, then push up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, hold the banner with both hands, then move your arms.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back, hold the banner with both hands, then pull it over your head.

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