

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. Bend your elbows and pull the band towards your chest.	 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. DOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your elbows and pull the band towards your chest.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Bend your elbows and pull the band back and up.
 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 and then pull it back down.

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 ground.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Lift your hips up.
 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 with knees bent.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl one leg back.	 6. BROAD 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 ground. Lift your arms and legs up.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with knees bent and feet flat on the ground. Twist your torso side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your elbows with forearms on the ground. Lift your hips up.	 4. BIRD-DOG <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the ground. Lift one arm and one leg up.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Lift your feet up and down.	 6. BIRD-DOG REACH <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the ground. Lift one arm and one leg up, reaching towards the opposite foot.

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 in front of you.	 4. BENCH ANGLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band towards your chest.
 5. INVERTED ROW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest.	 6. SHOULDER CIRCLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Circle your arms.

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 ground. Lift your hips up.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Lift one knee up.
 3. BUNNY SQUAT <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Squat down.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with knees bent and feet flat on the ground. Lift one leg up.	 6. WALL SITS BRIDGE WITH <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Lift your hips up.

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 ground. Press the band up.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with knees bent and feet flat on the ground. Lift your arms and legs up.
 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.	 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 against a wall.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Pull the band up towards your chest.	 6. DR. PULLOVER <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Pull the band over your head.

Beginner Friendly Home Workout Guide For Creators 16631

Rachel Sandford



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