

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.	 2. OVERHEAD TRICEP PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells overhead. Press the dumbbells up and down, keeping your elbows close to your head.
 3. DORTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.
 5. BICEP CURL TO PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.	 6. BICEP PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lower your body down, then push back up.	 2. BRIDGEMAN DESEALTY <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.
 3. STEP-BACK LUNGE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Step one foot back and lower your body down, then push back up.	 4. WALL SIT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lower your body down, then push back up.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.	 6. ROMAN SQUAT PUNCH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 4. BIRD-DOG <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.
 5. PLUTTER KICKS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 6. BIRD-YOGA BEACH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.	 2. SHOULDER PRESS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.
 3. FRONT RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.	 4. BENCH ARMS <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.
 5. WRENCH BOW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.	 6. SHOULDER CARVED <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 2. STANDING KNEE BRACE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.
 3. BENCH SQUAT <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift the dumbbells up to your chest, then lower them back down.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 6. WALL BUNTS BRIDGE WITH <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.
 3. BENT-OVER BOW <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 4. WALL PULL-UP <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.	 6. IN FLOOR OVER <small>30 seconds</small> Lie on your back with your knees bent and feet flat on the floor. Lift your hips up and down, keeping your feet and knees on the floor.

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Karin Nielsen-Saines



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