

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

<p>1. BARNER CURL 30 seconds rest</p> <p>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 curl them up to your shoulders.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds rest</p> <p>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 press them overhead.</p>
<p>3. JOYTIAN CURL 30 seconds rest</p> <p>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 curl them up to your shoulders.</p>	<p>4. TRICEP KICKBACK 30 seconds rest</p> <p>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 kick them back.</p>
<p>5. BICEP CURL TO PRESS 30 seconds rest</p> <p>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 curl them up to your shoulders and press them overhead.</p>	<p>6. BICEP PUSH-UP 30 seconds rest</p> <p>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 push them up.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and squat down.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds rest</p> <p>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 bridge your hips.</p>
<p>3. STEP-BACK LUNGE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lunge back.</p>	<p>4. WALL SIT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and sit against a wall.</p>
<p>5. STAMMING LEG CURL 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and curl your legs.</p>	<p>6. ROMAN SQUAT FLYING 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and squat down, then fly.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>	<p>2. SEATED RUSSIAN TWIST 30 seconds rest</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 rest</p> <p>Lie on your stomach, with your elbows on the floor and your body in a straight line.</p>	<p>4. BIRD-DOG 30 seconds rest</p> <p>Lie on your stomach, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>
<p>5. PLUTTER KICKS 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>	<p>6. BIRD-YOGA BEACH 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds rest</p> <p>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 shoulders.</p>	<p>2. SHOULDER PRESS 30 seconds rest</p> <p>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 press them overhead.</p>
<p>3. FRONT RAISE 30 seconds rest</p> <p>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.</p>	<p>4. BENCH ARMS 30 seconds rest</p> <p>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.</p>
<p>5. INVERTED ROW 30 seconds rest</p> <p>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.</p>	<p>6. SHOULDER CARVED 30 seconds rest</p> <p>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.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BRIDGE 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>	<p>2. STANDING KNEE RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and lift your knees up.</p>
<p>3. BENCH SQUAT 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and squat down.</p>	<p>4. STEP-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and step up.</p>
<p>5. FIRE HYDRANT 30 seconds rest</p> <p>Lie on your side, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>	<p>6. WALL SQUAT BRIDGE HOLD 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and squat down, then bridge your hips.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>	<p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>
<p>3. BENCH-OVER BENCH 30 seconds rest</p> <p>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.</p>	<p>4. WALL PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and push up against a wall.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds rest</p> <p>Lie on your back, with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground.</p>	<p>6. BENCH PULLOVER 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding a pair of dumbbells in front of your thighs. Bend your knees and pull the dumbbells over your head.</p>

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