

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

 <b>1. BARNER DUMBS</b> Dumbbell exercise for biceps and triceps.	 <b>2. OVERHEAD TRICEP PRESS</b> Dumbbell exercise for triceps.
 <b>3. DUMBBELL CURLS</b> Dumbbell exercise for biceps.	 <b>4. TRICEP KICKBACK</b> Dumbbell exercise for triceps.
 <b>5. BICEP CURL TO PRESS</b> Dumbbell exercise for biceps and triceps.	 <b>6. BENCH PUSH-UP</b> Push-up exercise for triceps.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Bodyweight exercise for quads and hamstrings.	 <b>2. BRIDGEMAN DESEALTY</b> Bodyweight exercise for quads and hamstrings.
 <b>3. STEP-BACK LUNGE</b> Bodyweight exercise for quads and hamstrings.	 <b>4. WALL SIT</b> Bodyweight exercise for quads.
 <b>5. STAMMING LEG CURL</b> Bodyweight exercise for hamstrings.	 <b>6. BENCH SQUAT THRUST</b> Bodyweight exercise for quads and hamstrings.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Core exercise for stability.	 <b>2. SEATED RUSSIAN TWIST</b> Core exercise for stability.
 <b>3. PLANK ON ELBOWS</b> Core exercise for stability.	 <b>4. BIRD-DOG</b> Core exercise for stability.
 <b>5. PLUTTER HOCKS</b> Core exercise for stability.	 <b>6. SIDE-LYING BEACH</b> Core exercise for stability.

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**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Dumbbell exercise for shoulders.	 <b>2. SHOULDER PRESS</b> Dumbbell exercise for shoulders.
 <b>3. FRONT RAISE</b> Dumbbell exercise for shoulders.	 <b>4. BENCH ARMS</b> Dumbbell exercise for shoulders.
 <b>5. INVERTED ROW</b> Dumbbell exercise for shoulders.	 <b>6. SHOULDER CARVED</b> Dumbbell exercise for shoulders.

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**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Bodyweight exercise for core and back.	 <b>2. STANDING KNEE BRACE</b> Bodyweight exercise for core and back.
 <b>3. BUNNY SQUAT</b> Bodyweight exercise for core and back.	 <b>4. STEP-UP</b> Bodyweight exercise for core and back.
 <b>5. FIRE HYDRANT</b> Bodyweight exercise for core and back.	 <b>6. WALL BUNNY BRIDGE HOLD</b> Bodyweight exercise for core and back.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Bodyweight exercise for chest and back.	 <b>2. SUPERMAN HOLD</b> Bodyweight exercise for chest and back.
 <b>3. BENT-OVER ROW</b> Bodyweight exercise for chest and back.	 <b>4. WALL PUSH-UP</b> Bodyweight exercise for chest and back.
 <b>5. CHEST FLY ON FLOOR</b> Bodyweight exercise for chest and back.	 <b>6. DR. PULLOVER</b> Bodyweight exercise for chest and back.

# Beginner Friendly Home Workout

**Michael Brown**



## **Beginner Friendly Home Workout:**

## **Beginner Friendly Home Workout** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Beginner Friendly Home Workout**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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### **Table of Contents Beginner Friendly Home Workout**

1. Understanding the eBook Beginner Friendly Home Workout
  - The Rise of Digital Reading Beginner Friendly Home Workout
  - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Beginner Friendly Home Workout
  - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout
  - Personalized Recommendations
  - Beginner Friendly Home Workout User Reviews and Ratings
  - Beginner Friendly Home Workout and Bestseller Lists
5. Accessing Beginner Friendly Home Workout Free and Paid eBooks

- Beginner Friendly Home Workout Public Domain eBooks
  - Beginner Friendly Home Workout eBook Subscription Services
  - Beginner Friendly Home Workout Budget-Friendly Options
6. Navigating Beginner Friendly Home Workout eBook Formats
    - ePub, PDF, MOBI, and More
    - Beginner Friendly Home Workout Compatibility with Devices
    - Beginner Friendly Home Workout Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout
    - Highlighting and Note-Taking Beginner Friendly Home Workout
    - Interactive Elements Beginner Friendly Home Workout
  8. Staying Engaged with Beginner Friendly Home Workout
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Beginner Friendly Home Workout
  9. Balancing eBooks and Physical Books Beginner Friendly Home Workout
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Beginner Friendly Home Workout
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Beginner Friendly Home Workout
    - Setting Reading Goals Beginner Friendly Home Workout
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Beginner Friendly Home Workout
    - Fact-Checking eBook Content of Beginner Friendly Home Workout
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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