

HOME WORKOUT PLAN

US LETTER, A4, A5 | HIGH QUALITY PRINT | INSTANT DOWNLOAD

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your elbows and lift the weights towards your shoulders.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Press it straight up.
 3. DUMBBELL CURL Repetitions: 10-15 Hold a dumbbell in each hand with your palms facing forward. Bend your elbows and lift the weights.	 4. TRICEP KICKBACK Repetitions: 10-15 Bend forward at the hips. Hold a dumbbell in each hand. Lift the weights straight back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold a dumbbell in each hand. Curl the weights up and then press them overhead.	 6. BENCH PUSH-UP Repetitions: 10-15 Place your hands on a bench. Lower your body until your chest touches the bench, then push up.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBLET SQUAT Repetitions: 10-15 Hold a dumbbell with both hands in front of your chest. Squat down and stand back up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips.
 3. STEP-BACK LUNGE Repetitions: 10-15 Step one foot back and lower your body into a lunge position.	 4. WALL SIT Repetitions: 10-15 Lean against a wall with your back and feet on the floor. Lower your body into a sitting position.
 5. STANDING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and pull your heels towards your buttocks.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Place your hands on a bench. Squat down and punch your arms forward.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with arms and legs extended. Lower your arms and legs towards the floor.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with knees bent and feet flat. Twist your torso from side to side.
 3. PLANK ON ELBOWS Repetitions: 10-15 Support your body on your elbows. Hold a steady position.	 4. BIRD-DOG Repetitions: 10-15 Crawl on all fours. Lift one arm and the opposite leg.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent. Lift your feet and lower them.	 6. BIRD-YOGA REACH Repetitions: 10-15 Crawl on all fours. Lift one arm and the opposite leg, reaching towards the ceiling.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Press a dumbbell overhead.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms straight in front of you.	 4. BENCH ARMS Repetitions: 10-15 Place your hands on a bench. Lift your arms straight up.
 5. INVERTED ROW Repetitions: 10-15 Lie on your back with feet on a bench. Pull your body up towards the bench.	 6. SHOULDER CARVED Repetitions: 10-15 Lie on your back with feet on a bench. Pull your body up towards the bench.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS Repetitions: 10-15 Lie on your back with knees bent and feet flat. Lift your hips.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your knees towards your chest.
 3. BENCH SQUAT Repetitions: 10-15 Place your hands on a bench. Squat down and push up.	 4. STEP-UP Repetitions: 10-15 Step one foot onto a bench. Lift your body up.
 5. FIRE HYDRANT Repetitions: 10-15 Crawl on all fours. Lift one leg out to the side.	 6. BENCH BUNDS Repetitions: 10-15 Place your hands on a bench. Lift your hips.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with arms extended. Press a dumbbell up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back. Lift your arms and legs.
 3. BENCH-OVER BENCH Repetitions: 10-15 Place your hands on a bench. Lift your body up.	 4. BENCH PUSH-UP Repetitions: 10-15 Place your hands on a bench. Push up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with arms extended. Bring your arms together.	 6. BENCH PULLOVER Repetitions: 10-15 Place your hands on a bench. Pull a dumbbell over your head.

Beginner Friendly Home Workout Explained For Workers 33528

RJ Shavelson



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