

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. Pull the band up towards your chest, squeezing your biceps.	 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. ZOTTMAN CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Curl the band up, alternating between your right and left hand.	 4. TRICEP KICKBACK <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then kick your arms back, squeezing your triceps.
 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, then press it overhead.	 6. BICEP PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest, squeezing your biceps.

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. Push your hips up, squeezing your glutes.
 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, then 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, keeping your feet flat on the ground.
 5. STAMMING LEG CURL <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then curl your leg back.	 6. BONE SQUAT PUNCH <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then punch your hands 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. Lower your arms and legs towards the floor.	 2. SEATED RUSSIAN TWIST <small>30 seconds</small> Sit on the floor with knees bent and feet flat on the ground. Twist your torso from side to side.
 3. PLANK ON ELBOWS <small>30 seconds</small> Lie on your stomach with elbows on the floor and forearms on the ground. Hold your body in a straight line.	 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 at the same time.
 5. PLUTTER BICYCLE <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Pedal your legs in a circular motion.	 6. BIRD-YOGA BEACH <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Lift your hips and feet off the floor.

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 straight in front of you.	 4. BONE ARMWAVE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Wave your arms in a circular motion.
 5. INVERTED BOW <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then invert your body.	 6. SHOULDER CIRCLES <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Circle your arms in a clockwise direction.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Push your hips up, squeezing your glutes.	 2. STANDING KNEE RAISE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Raise your knees towards your chest.
 3. BONE SQUAT <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Squat down, then stand back up.	 4. STEP-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Step one foot up, then step back down.
 5. FIRE HYDRANT <small>30 seconds</small> Lie on your side with knees bent and feet flat on the ground. Lift one leg up, squeezing your glutes.	 6. BONE BUNNY BRIDGE <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Push your hips up, squeezing your glutes.

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 your hands up towards your chest.	 2. SUPERMAN HOLD <small>30 seconds</small> Lie on your stomach with arms and legs extended. Lift your arms and legs off the floor.
 3. BONE-OVER BONE <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up, then invert your body.	 4. BONE PULL-UP <small>30 seconds</small> Stand with feet shoulder-width apart, holding a resistance band with both hands. Pull the band up towards your chest.
 5. CHEST FLY ON FLOOR <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Pull your hands towards your chest.	 6. BONE PULLOVER <small>30 seconds</small> Lie on your back with knees bent and feet flat on the ground. Pull the band up, then invert your body.

Beginner Friendly Home Workout Full Tutorial For Students

J Dewey



Beginner Friendly Home Workout Full Tutorial For Students:

This book delves into Beginner Friendly Home Workout Full Tutorial For Students. Beginner Friendly Home Workout Full Tutorial For Students is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Beginner Friendly Home Workout Full Tutorial For Students, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 1: Introduction to Beginner Friendly Home Workout Full Tutorial For Students
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 - Chapter 3: Beginner Friendly Home Workout Full Tutorial For Students in Everyday Life
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 - Chapter 5: Conclusion
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