

# HOME WORKOUT PLAN

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

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

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 <b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then press it up.	 <b>6. BICEP PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Hold the banner with both hands, bridge up, then lower it back down.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Hold the banner with both hands, lunge back, then stand back up.	 <b>4. WALL SIT</b> Repetitions: 10-15 Hold the banner with both hands, sit against the wall, then stand back up.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Hold the banner with both hands, curl up, then lower it back down.	 <b>6. BOMB SQUAT PUNCH</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then punch up.

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**CORE + STABILITY**

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor, twist your torso, then return to the starting position.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands, plank up, then lower it back down.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands, lift up, then lower it back down.
 <b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands, press up, then lower it back down.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.	 <b>4. BOMB ARMABAR</b> Repetitions: 10-15 Hold the banner with both hands, raise up, then lower it back down.
 <b>5. INVERTED BOW</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BOMB BRIDGE</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>2. STANDING KICKBACK</b> Repetitions: 10-15 Stand on one leg, pull up to your chest, then lower it back down.
 <b>3. BOMB SQUAT</b> Repetitions: 10-15 Hold the banner with both hands, squat down, then stand back up.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands, step up, then lower it back down.
 <b>5. FIRE STAMMING</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>6. BOMB BOMB BRIDGE</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.
 <b>3. BOMB-OVER BOMB</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.	 <b>4. BOMB PULL-UP</b> Repetitions: 10-15 Hold the banner with both hands, pull up to your chest, then lower it back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.	 <b>6. BOMB PULLOVER</b> Repetitions: 10-15 Lie on your back, pull up to your chest, then lower it back down.

# Beginner Friendly Home Workout Full Tutorial For Experts

**Ensheng Dong**



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## **Table of Contents Beginner Friendly Home Workout Full Tutorial For Experts**

1. Understanding the eBook Beginner Friendly Home Workout Full Tutorial For Experts
  - The Rise of Digital Reading Beginner Friendly Home Workout Full Tutorial For Experts
  - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Full Tutorial For Experts
  - 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 Full Tutorial For Experts
  - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Full Tutorial For Experts
  - Personalized Recommendations

- Beginner Friendly Home Workout Full Tutorial For Experts User Reviews and Ratings
- Beginner Friendly Home Workout Full Tutorial For Experts and Bestseller Lists
- 5. Accessing Beginner Friendly Home Workout Full Tutorial For Experts Free and Paid eBooks
  - Beginner Friendly Home Workout Full Tutorial For Experts Public Domain eBooks
  - Beginner Friendly Home Workout Full Tutorial For Experts eBook Subscription Services
  - Beginner Friendly Home Workout Full Tutorial For Experts Budget-Friendly Options
- 6. Navigating Beginner Friendly Home Workout Full Tutorial For Experts eBook Formats
  - ePub, PDF, MOBI, and More
  - Beginner Friendly Home Workout Full Tutorial For Experts Compatibility with Devices
  - Beginner Friendly Home Workout Full Tutorial For Experts Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Full Tutorial For Experts
  - Highlighting and Note-Taking Beginner Friendly Home Workout Full Tutorial For Experts
  - Interactive Elements Beginner Friendly Home Workout Full Tutorial For Experts
- 8. Staying Engaged with Beginner Friendly Home Workout Full Tutorial For Experts
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Beginner Friendly Home Workout Full Tutorial For Experts
- 9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Full Tutorial For Experts
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Beginner Friendly Home Workout Full Tutorial For Experts
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Beginner Friendly Home Workout Full Tutorial For Experts
  - Setting Reading Goals Beginner Friendly Home Workout Full Tutorial For Experts
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Beginner Friendly Home Workout Full Tutorial For Experts
  - Fact-Checking eBook Content of Beginner Friendly Home Workout Full Tutorial For Experts

- 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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