

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

<p>1. BARNER CURL 30 seconds</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 lower them back down.</p>	<p>2. OVERHEAD TRICEP PRESS 30 seconds</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 lower them back down.</p>
<p>3. JOYTIAN CURL 30 seconds</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 lower them back down.</p>	<p>4. TRICEP KICKBACK 30 seconds</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 lower them back down.</p>
<p>5. BICEP CURL TO PRESS 30 seconds</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 lower them back down.</p>	<p>6. BICEP PUSH-UP 30 seconds</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 lower them back down.</p>

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

<p>1. GOBBY SQUAT 30 seconds</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 lower them back down.</p>	<p>2. BRIDGEMAN DESEALTY 30 seconds</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 lower them back down.</p>
<p>3. STEP-BACK LUNGE 30 seconds</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 lower them back down.</p>	<p>4. WALL SIT 30 seconds</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 lower them back down.</p>
<p>5. STAMMING LEG CURL 30 seconds</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 lower them back down.</p>	<p>6. ROMAN SQUAT PUNCH 30 seconds</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 lower them back down.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<p>1. DEAD BUG 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, then lower your right arm and left leg, then your left arm and right leg.</p>	<p>2. SEATED RUSSIAN TWIST 30 seconds</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, then twist your torso to the right and then to the left.</p>
<p>3. PLANK ON ELBOWS 30 seconds</p> <p>Lie on your stomach with your elbows on the floor and your forearms on the ground. Lift your head and shoulders off the ground, then hold the plank for 30 seconds.</p>	<p>4. BIRD-DOG 30 seconds</p> <p>Lie on your stomach with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, then lift your right arm and left leg, then your left arm and right leg.</p>
<p>5. PLUTTER KICKS 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, then lift your right arm and left leg, then your left arm and right leg.</p>	<p>6. BIRD-YOGA BEACH 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, then lift your right arm and left leg, then your left arm and right leg.</p>

Home Workout Plan
SHOULDERS

DAY 4

<p>1. LATERAL RAISE 30 seconds</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 lower them back down.</p>	<p>2. SHOULDER PRESS 30 seconds</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 lower them back down.</p>
<p>3. FRONT RAISE 30 seconds</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 lower them back down.</p>	<p>4. BENCH ARMS 30 seconds</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 lower them back down.</p>
<p>5. INVERTED ROW 30 seconds</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 lower them back down.</p>	<p>6. SHOULDER CARVED 30 seconds</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 lower them back down.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BRIDGE 30 seconds</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 lower them back down.</p>	<p>2. STANDING KNEE RAISE 30 seconds</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 lower them back down.</p>
<p>3. BURN SQUAT 30 seconds</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 lower them back down.</p>	<p>4. STEP-UP 30 seconds</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 lower them back down.</p>
<p>5. FIRE HYDRANT 30 seconds</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 lower them back down.</p>	<p>6. WALL SQUAT BRIDGE HOLD 30 seconds</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 lower them back down.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, then lift your right arm and left leg, then your left arm and right leg.</p>	<p>2. SUPERMAN HOLD 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, then lift your right arm and left leg, then your left arm and right leg.</p>
<p>3. BENT-OVER ROW 30 seconds</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 lower them back down.</p>	<p>4. WALL PUSH-UP 30 seconds</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 lower them back down.</p>
<p>5. CHEST FLY ON FLOOR 30 seconds</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your head and shoulders off the ground, then lift your right arm and left leg, then your left arm and right leg.</p>	<p>6. DR. PULLOVER 30 seconds</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 lower them back down.</p>

Beginner Friendly Home Workout Guide

Michal Rosen-Zvi



Beginner Friendly Home Workout Guide:

Embracing the Beat of Term: An Emotional Symphony within **Beginner Friendly Home Workout Guide**

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