

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold a banner with both hands, pull up to your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands above your head, then lower it behind your head.
 3. DOTTMAN CURL Repetitions: 10-15 Hold a banner with both hands, pull up to your chest, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then pull it up to your chest and kick it back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, pull it up to your chest, then press it up.	 6. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then push it up.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then squat down.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then pull it up to your chest and lower it.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then lunge back.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then sit against a wall.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then pull it up to your chest and lower it.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then squat down and punch up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. BEAR WALK Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then walk on your hands.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with feet shoulder-width apart, hold a banner with both hands, then twist your torso.
 3. PLANK ON ELBOWS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a plank on your elbows.	 4. BIRD-DOG Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a bird-dog position.
 5. PLUTTER KICKS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then kick your legs up.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a bird-yoga beach position.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then raise your arms to the side.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then press it up.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then raise your arms in front of you.	 4. BENCH ARMS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a bench arms position.
 5. INVERTED ROW Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then pull it up to your chest.	 6. SHOULDER CARDS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a shoulder cards position.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BENCH BRIDGE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a bench bridge position.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then raise your knees.
 3. BENCH SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then squat down.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then step up.
 5. FIRE HYDRANT Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a fire hydrant position.	 6. BENCH SQUAT BENCH WALK Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then squat down and walk.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then press it up.	 2. SUPERMAN HOLD Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a superman hold position.
 3. BENCH-OVER BENCH Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a bench-over bench position.	 4. BENCH PUSH-UP Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then push it up.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a chest fly on floor position.	 6. BENCH PULLOVER Repetitions: 10-15 Stand with feet shoulder-width apart, hold a banner with both hands, then hold a bench pullover position.

Beginner Friendly Home Workout Explained

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