

HOME WORKOUT PLAN

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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 your torso forward at the hips. Hold a dumbbell in each hand. Lift the weights straight back.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Perform a bicep curl, then lift the dumbbells overhead and press them straight up.	 6. BENCH PUSH-UP Repetitions: 10-15 Place your hands on a bench or table. Lower your body until your chest touches the surface, 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, then 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 to form a bridge.
 3. STEP-BACK LUNGE Repetitions: 10-15 Step one foot back and lower your body until both knees are bent at a 90-degree angle.	 4. WALL SIT Repetitions: 10-15 Stand with your back against a wall. Slide your back down the wall into a seated 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 Perform a squat on a bench, then punch your arms forward as you stand up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back with arms and legs extended upwards. Lower one arm and one leg at a time.	 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. Keep your body in a straight line from head to heels.	 4. BIRD-DOG Repetitions: 10-15 On all fours, lift your opposite arm and leg. Hold for a few seconds before switching sides.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with knees bent. Lift your feet and lower them back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 On all fours, lift your opposite arm and leg, holding them parallel to the floor.

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 from your shoulders straight up.
 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 your feet on a bench. Pull the bar down towards your chest.	 6. SHOULDER CARVED Repetitions: 10-15 Lie on your back with your feet on a bench. Pull the bar down towards your chest.

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. BUNNY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Squat down, then lift your knees.	 4. STEP-UP Repetitions: 10-15 Step one foot onto a bench. Push off with the back foot to lift the front foot.
 5. FIRE HYDRANT Repetitions: 10-15 On all fours, lift one leg out to the side.	 6. BENCH BUNTS BRIDGE WITH Repetitions: 10-15 Lie on your back with your feet 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 knees bent. Press a dumbbell from your chest.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your stomach. Lift your arms and legs off the floor.
 3. BENT-OVER ROW Repetitions: 10-15 Bend your torso forward. Row a dumbbell towards your chest.	 4. BENCH PUSH-UP Repetitions: 10-15 Place your hands on a bench. Lower your body until your chest touches the surface.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with knees bent. Lift your arms out to the sides.	 6. BENCH PULLOVER Repetitions: 10-15 Lie on your back with your feet on a bench. Pull a dumbbell over your head.

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RJ Shavelson



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