

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICIPITS & TRICEPS**

**DAY 1**

<p><b>1. BARNER DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p><b>2. OVERHEAD TRICEP PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p><b>3. DOTTMAN DUMBS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p><b>4. TRICEP KICKBACK</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells back and up, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p><b>5. BICEP CURL TO PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p><b>6. BICEP PUSH-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>

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

**DAY 2**

<p><b>1. GOBBY SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p><b>2. BRIDGEMAN DESEALTY</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p><b>3. STEP-BACK LUNGE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Step one foot back and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p><b>4. WALL SIT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p><b>5. STAMMING LEG CURL</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p><b>6. ROMAN SQUAT PUNCH</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>

*Home Workout Plan*  
**CORE + STABILITY**

**DAY 3**

<p><b>1. DEAD BUG</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower one arm and one leg towards the floor, keeping your back flat. Push back up.</p>	<p><b>2. SEATED RUSSIAN TWIST</b> 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side, keeping your feet flat on the floor.</p>
<p><b>3. PLANK ON ELBOWS</b> 30 seconds rest</p> <p>Lie on your side with your elbow on the floor and your body in a straight line. Hold this position for the duration of the set.</p>	<p><b>4. BIRD-DOG</b> 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended. Lift one arm and one leg, keeping your back flat. Push back up.</p>
<p><b>5. PLUTTER KICKS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your feet and lower them back down, keeping your back flat.</p>	<p><b>6. SIDE-LYING BEACH</b> 30 seconds rest</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift one arm and one leg, keeping your back flat. Push back up.</p>

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

<p><b>1. LATERAL RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells out to the sides, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p><b>2. SHOULDER PRESS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p><b>3. FRONT RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells straight out in front of you, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>	<p><b>4. BENCH ARMS</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells towards your shoulders, keeping your forearms parallel to the floor. Lower the dumbbells back down.</p>
<p><b>5. INVERTED ROW</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p><b>6. SHOULDER CARVED</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

<p><b>1. BUNNY BRIDGE</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and lower back, keeping your back flat. Push back up.</p>	<p><b>2. STANDING KNEE RAISE</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p><b>3. BENCH SQUAT</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p><b>4. STEP-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Step one foot up and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p><b>5. FIRE HYDRANT</b> 30 seconds rest</p> <p>Lie on your side with your knees bent and feet flat on the floor. Lift one leg, keeping your back flat. Push back up.</p>	<p><b>6. WALL SQUAT BRIDGE HOLD</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>

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

**DAY 6**

<p><b>1. FLOOR CHEST PRESS</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your chest and lower back, keeping your back flat. Push back up.</p>	<p><b>2. SUPERMAN HOLD</b> 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended. Lift one arm and one leg, keeping your back flat. Push back up.</p>
<p><b>3. BENCH-OVER BENCH</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>	<p><b>4. WALL PUSH-UP</b> 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body towards the floor, keeping your back straight. Push back up.</p>
<p><b>5. CHEST FLY ON FLOOR</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your chest and lower back, keeping your back flat. Push back up.</p>	<p><b>6. DR. PULLOVER</b> 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your chest and lower back, keeping your back flat. Push back up.</p>

# Beginner Friendly Home Workout Step Plan For Experts

**Rachel S Tattersall**



## **Beginner Friendly Home Workout Step Plan For Experts:**

This book delves into Beginner Friendly Home Workout Step Plan For Experts. Beginner Friendly Home Workout Step Plan For Experts is a vital topic that needs to 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 Step Plan For Experts, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Beginner Friendly Home Workout Step Plan For Experts
    - Chapter 2: Essential Elements of Beginner Friendly Home Workout Step Plan For Experts
    - Chapter 3: Beginner Friendly Home Workout Step Plan For Experts in Everyday Life
    - Chapter 4: Beginner Friendly Home Workout Step Plan For Experts in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Beginner Friendly Home Workout Step Plan For Experts. The first chapter will explore what Beginner Friendly Home Workout Step Plan For Experts is, why Beginner Friendly Home Workout Step Plan For Experts is vital, and how to effectively learn about Beginner Friendly Home Workout Step Plan For Experts.
  3. In chapter 2, the author will delve into the foundational concepts of Beginner Friendly Home Workout Step Plan For Experts. The second chapter will elucidate the essential principles that must be understood to grasp Beginner Friendly Home Workout Step Plan For Experts in its entirety.
  4. In chapter 3, the author will examine the practical applications of Beginner Friendly Home Workout Step Plan For Experts in daily life. This chapter will showcase real-world examples of how Beginner Friendly Home Workout Step Plan For Experts can be effectively utilized in everyday scenarios.
  5. In chapter 4, this book will scrutinize the relevance of Beginner Friendly Home Workout Step Plan For Experts in specific contexts. This chapter will explore how Beginner Friendly Home Workout Step Plan For Experts is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Beginner Friendly Home Workout Step Plan For Experts. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Beginner Friendly Home Workout Step Plan For Experts.

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