

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, feet shoulder-width apart. Bend your knees and lift the banner towards your chest.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands above your head. Push the banner upwards, extending your arms.
 3. JOYTIAM CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Curl the banner towards your chest.	 4. TRICEP KICKBACK Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Kick your arms back, extending your elbows.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Curl the banner towards your chest, then press it upwards.	 6. BENCH PUSH-UP Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up, extending your arms.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and squat down, keeping your back straight.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Lie on your back with knees bent and feet flat on the floor. Lift your hips, forming a bridge.
 3. STEP-BACK LUNGE Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lunge down.	 4. WALL SIT Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and squat down, holding the position.
 5. STAMMING LEG CURL Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Curl your legs back.	 6. BENCH SQUAT PUNCH Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up and punch your arms out.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. BEAR WALK Repetitions: 10-15 Get on all fours with your hands and knees on the floor. Walk forward on your hands and knees.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor with your knees bent and feet flat. Twist your torso from side to side.
 3. PLANK ON ELBOWS Repetitions: 10-15 Get on your elbows and forearms. Lift your hips, forming a straight line from head to heels.	 4. BIRD-DOG Repetitions: 10-15 Get on all fours with your hands and knees on the floor. Lift one arm and one leg, holding them parallel to the floor.
 5. PLUTTER KICKS Repetitions: 10-15 Lie on your back with your knees bent and feet flat. Lift your hips and kick your legs up and down.	 6. BIRD-DOG REACH Repetitions: 10-15 Get on all fours with your hands and knees on the floor. Lift one arm and one leg, reaching them towards the ceiling.

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, parallel to the floor.	 2. SHOULDER PRESS Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Press the banner upwards.
 3. FRONT RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift your arms straight in front of you, parallel to the floor.	 4. BENCH ARMS Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up, extending your arms.
 5. INVERTED ROW Repetitions: 10-15 Tie the banner to a sturdy anchor. Lie on your back with your feet on the floor and your hands on the banner. Pull the banner up towards your chest.	 6. SHOULDER CARVED Repetitions: 10-15 Stand with feet shoulder-width apart. Hold the banner with both hands in front of your chest. Carve your arms in a circular motion.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BUNDS Repetitions: 10-15 Lie on your back with your knees bent and feet flat. Lift your hips, forming a bridge.	 2. STANDING KNEE RAISE Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one knee towards your chest, holding it with your hands.
 3. BENCH SQUAT Repetitions: 10-15 Place the banner on a flat surface. Get into a squat position with your hands on the banner. Push up, extending your arms.	 4. STEP-UP Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up onto a step or platform.
 5. FIRE HYDRANT Repetitions: 10-15 Lie on your side with your knees bent and feet flat. Lift one leg, holding it parallel to the floor.	 6. BENCH BUNTS BUNDS WITH Repetitions: 10-15 Place the banner on a flat surface. Get into a bunt position with your hands on the banner. Push up, extending your arms.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back with your knees bent and feet flat. Press the banner upwards from your chest.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back with your arms and legs extended. Lift your arms and legs, holding the position.
 3. BENT-OVER BUN Repetitions: 10-15 Stand with feet shoulder-width apart. Bend over and lift the banner towards your chest.	 4. BENCH PUSH-UP Repetitions: 10-15 Place the banner on a flat surface. Get into a push-up position with your hands on the banner. Push up, extending your arms.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back with your knees bent and feet flat. Lift your arms, holding them parallel to the floor.	 6. BUN PULLOVER Repetitions: 10-15 Lie on your back with your knees bent and feet flat. Pull the banner over your head towards your feet.

Beginner Friendly Home Workout Full Tutorial For Experts

Rosina Ehmann



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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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