

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

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| <p>1. BARNER DUMBS 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, palms facing each other. Lower them back down.</p> | <p>2. OVERHEAD TRICEP PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, palms facing each other. Lower them back down.</p> |
| <p>3. JOYTIAN DUMBS 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, palms facing each other. Lower them back down.</p> | <p>4. TRICEP KICKBACK 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells straight back behind you. Lower them back down.</p> |
| <p>5. BICEP CURL TO PRESS 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, palms facing each other. Press them overhead.</p> | <p>6. BICEP PUSH-UP 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, palms facing each other. Push them up.</p> |

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

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

Home Workout Plan
CORE + STABILITY

DAY 3

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|---|---|
| <p>1. DEAD BUG 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lower one arm and the opposite leg towards the floor, keeping your core tight. Repeat with the other side.</p> | <p>2. SEATED RUSSIAN TWIST 30 seconds rest</p> <p>Sit on the floor with your knees bent and feet flat on the floor. Lean back slightly and twist your torso from side to side.</p> |
| <p>3. PLANK ON ELBOWS 30 seconds rest</p> <p>Lie on your stomach with your elbows on the floor and forearms parallel to each other. Lift your hips and hold your body in a straight line.</p> | <p>4. BIRD-DOG 30 seconds rest</p> <p>Start on your hands and knees. Lift one arm and the opposite leg straight out, keeping your core tight and your back flat.</p> |
| <p>5. PLUTTER KICKS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and lower your legs towards the floor, keeping your core tight.</p> | <p>6. BIRD-DOG REACH 30 seconds rest</p> <p>Start on your hands and knees. Lift one arm and the opposite leg straight out, reaching your hand towards your opposite foot.</p> |

Home Workout Plan
SHOULDERS

DAY 4

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|---|---|
| <p>1. LATERAL RAISE 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 arms straight.</p> | <p>2. SHOULDER PRESS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your elbows and lift the dumbbells overhead, palms facing each other.</p> |
| <p>3. FRONT RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift the dumbbells straight in front of you, keeping your arms straight.</p> | <p>4. BENCH ARMS 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, palms facing each other.</p> |
| <p>5. INVERTED ROW 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down, keeping your back straight. Pull the dumbbells up towards your chest.</p> | <p>6. SHOULDER CARVED 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, palms facing each other.</p> |

Home Workout Plan
BODY FOCUS

DAY 5

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

Home Workout Plan
CHEST & BACK

DAY 6

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| <p>1. FLOOR CHEST PRESS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and hold your body in a straight line.</p> | <p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Lie on your stomach with your arms and legs straight out. Lift your arms and legs towards the ceiling, keeping your back flat.</p> |
| <p>3. BENCH-OVER BENCH 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down, keeping your back straight. Push back up.</p> | <p>4. WALL PUSH-UP 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down, keeping your back straight. Push back up.</p> |
| <p>5. CHEST FLY ON FLOOR 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Lift your hips and hold your body in a straight line.</p> | <p>6. BENCH PULLOVER 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down, keeping your back straight. Push back up.</p> |

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