

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER DUMBS Dumbbell exercise for biceps and triceps.	 2. OVERHEAD TRICEP PRESS Dumbbell exercise for triceps.
 3. DORTMAN DUMBS Dumbbell exercise for biceps and triceps.	 4. TRICEP KICKBACK Dumbbell exercise for triceps.
 5. BICEP CURL TO PRESS Dumbbell exercise for biceps and triceps.	 6. BICEP PUMP-UP Dumbbell exercise for biceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Bodyweight exercise for quads and hamstrings.	 2. BRIDGEMAN DESEALTY Bodyweight exercise for quads and hamstrings.
 3. STEP-BACK LUNGE Bodyweight exercise for quads and hamstrings.	 4. WALL SIT Bodyweight exercise for quads.
 5. STAMMING LEG CURL Bodyweight exercise for hamstrings.	 6. BOMB SQUAT PUNCH Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Core exercise for stability.	 2. SEATED RUSSIAN TWIST Core exercise for stability.
 3. PLANK ON ELBOWS Core exercise for stability.	 4. BIRD-DOG Core exercise for stability.
 5. PLUTTER KICKS Core exercise for stability.	 6. BIRD-YOGA BEACH Core exercise for stability.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Dumbbell exercise for shoulders.	 2. SHOULDER PRESS Dumbbell exercise for shoulders.
 3. FRONT RAISE Dumbbell exercise for shoulders.	 4. BOMB ARMS Dumbbell exercise for shoulders.
 5. INVERTED BOW Bodyweight exercise for shoulders.	 6. SHOULDER CIRCLES Bodyweight exercise for shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BUNNY BRIDGE Bodyweight exercise for core and back.	 2. STANDING KNEE BRACE Bodyweight exercise for core and back.
 3. BOMB SQUAT Bodyweight exercise for quads and hamstrings.	 4. STEP-UP Bodyweight exercise for quads and hamstrings.
 5. FIRE HYDRANT Bodyweight exercise for glutes and hamstrings.	 6. WALL BUNTS BRIDGE WITH Bodyweight exercise for core and back.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Bodyweight exercise for chest.	 2. SUPERMAN HOLD Bodyweight exercise for back.
 3. BENT-OVER BOMB Bodyweight exercise for chest and back.	 4. WALL PUMP-UP Bodyweight exercise for chest and back.
 5. CHEST FLY ON FLOOR Bodyweight exercise for chest.	 6. DR. PULLOVER Bodyweight exercise for chest and back.

Beginner Friendly Home Workout Full Tutorial For Experts

Xiang Xie



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[The 60-Day Fat Loss Challenge | Transform Step by Step](#) Aakash Sharma,2025-12-11 Great choice A 60 day fat loss challenge ebook is highly valuable and motivational for readers looking to transform their bodies and build sustainable habits Table of Contents Introduction Why 60 Days The science behind habit formation and fat loss Who Is This Challenge For Mindset Shift Fat Loss vs Weight Loss How to Use This Book Chapter 1 Understanding Fat Loss The Science of Fat Loss Calories Metabolism Hormones Common Fat Loss Myths Debunked Why Crash Diets Fail And What Works Instead Chapter 2 Preparing for the Challenge Setting Realistic Goals SMART Goals Tracking Progress Measurements Photos Strength Kitchen Cleanout Foods to Keep vs Avoid Essential Tools Food Scale Fitness Tracker Journal Chapter 3 The 60 Day Nutrition Plan Phase 1 Days 1 15 Detox Reset Eliminating Processed Foods Sugar Simple Meal Structure Protein Veggies Healthy Fats Sample Meal Plan Recipes Phase 2 Days 16 45 Accelerated Fat Loss Calorie Deficit Explained Macronutrient Breakdown Protein Carbs Fats Intermittent Fasting Optional Grocery List Meal Prep Tips Phase 3 Days 46 60 Metabolic Boost Maintenance Reverse Dieting Preventing Plateaus Reintroducing Foods Mindfully Long Term Sustainable Habits Chapter 4 The 60 Day Workout Plan Workout Structure Strength Training 3 4x week HIIT Cardio 2 3x week Active Recovery Walking Yoga Mobility Home vs Gym Workouts Progressive Overload Getting Stronger While Losing Fat Sample Workout Plans Beginner Intermediate Advanced Chapter 5 Lifestyle Mindset Sleep Fat Loss The Cortisol Connection Stress Management Breathing Meditation Hydration Digestion Handling Cravings Social Situations Chapter 6 Troubleshooting Plateaus Why You re Not Losing Fat Common Mistakes How to Break a Plateau Adjusting Calories Workouts Chapter 7 Beyond the 60 Days Transitioning to Maintenance Building Muscle After Fat Loss Lifelong Habits for Staying Lean Bonus Section 10 Quick Healthy Recipes Printable Workout Sheets 60 Day Progress Tracker

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