

# HOME WORKOUT PLAN

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*Home Workout Plan*  
**BICEPS & TRICEPS**

**DAY 1**

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

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

**DAY 2**

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

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**CORE + STABILITY**

**DAY 3**

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

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**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Dumbbell exercise for shoulders.	 <b>2. SHOULDER PRESS</b> Dumbbell exercise for shoulders.
 <b>3. FRONT RAISE</b> Dumbbell exercise for shoulders.	 <b>4. BENCH ARMS</b> Dumbbell exercise for shoulders.
 <b>5. INVERTED ROW</b> Dumbbell exercise for shoulders.	 <b>6. SHOULDER CARVED</b> Dumbbell exercise for shoulders.

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**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Bodyweight exercise for core and stability.	 <b>2. STANDING KNEE BRACE</b> Bodyweight exercise for core and stability.
 <b>3. BOUND SQUAT</b> Bodyweight exercise for quads and hamstrings.	 <b>4. STEP-UP</b> Bodyweight exercise for quads and hamstrings.
 <b>5. FIRE HYDRANT</b> Bodyweight exercise for glutes and hamstrings.	 <b>6. WALL SQUAT BRIDGE HOLD</b> Bodyweight exercise for quads and hamstrings.

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

**DAY 6**

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

# Beginner Friendly Home Workout Explained For Experts

**SB Merriam**



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