

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

<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

<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, as if sitting on a chair. 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, as if sitting on a chair. 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. 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, as if sitting on a chair. 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, as if sitting on a chair. 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, as if sitting on a chair. Push back up.</p>

Home Workout Plan
CORE + STABILITY

DAY 3

<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. Push back up.</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. 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 on the ground. Lift your hips and hold the position.</p>	<p>4. BIRD-DOG 30 seconds rest</p> <p>Start on your hands and knees. Lift one arm and the opposite leg towards the ceiling. Hold the position.</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 feet and hold the position.</p>	<p>6. BIRD-DOG REACH 30 seconds rest</p> <p>Start on your hands and knees. Lift one arm and the opposite leg towards the ceiling. Reach your arm and leg towards each other.</p>

Home Workout Plan
SHOULDERS

DAY 4

<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.</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.</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.</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.</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, as if sitting on a chair. Push back up.</p>	<p>6. SHOULDER CIRCLES 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Move your arms in circles.</p>

Home Workout Plan
BODY FOCUS

DAY 5

<p>1. BUNNY BUNDS 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Bend your knees and lower your body down, as if sitting on a chair. Push back up.</p>	<p>2. STANDING KNEE RAISE 30 seconds rest</p> <p>Stand with feet shoulder-width apart, holding dumbbells at your sides. Lift one knee towards your chest.</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, as if sitting on a chair. 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 onto a surface.</p>
<p>5. FIRE HYDRANT 30 seconds rest</p> <p>Start on your hands and knees. Lift one leg towards the ceiling.</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, as if sitting on a chair. Push back up.</p>

Home Workout Plan
CHEST & BACK

DAY 6

<p>1. FLOOR CHEST PRESS 30 seconds rest</p> <p>Lie on your back with your knees bent and feet flat on the floor. Press the dumbbells up from your chest.</p>	<p>2. SUPERMAN HOLD 30 seconds rest</p> <p>Lie on your stomach with your arms and legs extended towards the floor. Lift your arms and legs.</p>
<p>3. BENT-OVER 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, as if sitting on a chair. 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, as if sitting on a chair. 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. Press the dumbbells up from your chest.</p>	<p>6. DR. 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, as if sitting on a chair. Push back up.</p>

Beginner Friendly Home Workout 2025 For Experts 37167

Minjie Lin



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