

# HOME WORKOUT PLAN

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

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 <b>3. SOFTMAN CURL</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then press it up.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, push up, then lower back down.

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

**DAY 2**

 <b>1. GOBBY SQUAT</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then stand up.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, bridge up, then lower back down.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, lunge back, then stand up.	 <b>4. WALL SIT</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, sit against the wall, then stand up.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, curl up, then lower back down.	 <b>6. BENCH SQUAT PUNCH</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, squat up, then punch up.

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**CORE + STABILITY**

**DAY 3**

 <b>1. BEAR HUG</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, bear hug, then lower back down.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, twist, then lower back down.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, plank on elbows, then lower back down.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, bird-dog, then lower back down.
 <b>5. PLUTTER HUGS</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, flutter hug, then lower back down.	 <b>6. BIRD-YOGI BEACH</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, bird-yogi beach, then lower back down.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, raise up, then lower back down.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, press up, then lower back down.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, raise up, then lower back down.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, arms up, then lower back down.
 <b>5. INVERTED BOW</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, invert, then lower back down.	 <b>6. SHOULDER CARDS</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, cards, then lower back down.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, bunny bridge, then lower back down.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, knee raise, then lower back down.
 <b>3. BENCH SQUAT</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, squat up, then lower back down.	 <b>4. STEP-UP</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, step up, then lower back down.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, fire hydrant, then lower back down.	 <b>6. BENCH BUNNY BRIDGE</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, bunny bridge, then lower back down.

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**CHEST & BACK**

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, floor chest press, then lower back down.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, superman hold, then lower back down.
 <b>3. BENCH-OVER BENCH</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, bench over bench, then lower back down.	 <b>4. BENCH PUSH-UP</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, push up, then lower back down.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Hold the banner with both hands in front of your chest, chest fly on floor, then lower back down.	 <b>6. BENCH PULLOVER</b> Repetitions: 10-15 Place the banner on the floor, lie on your stomach, pull over, then lower back down.

# Beginner Friendly Home Workout Step Plan For Creators

**Ian Pickup**



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