

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Bicep curls with a banner resistance band.	 2. OVERHEAD TRICEP PRESS Overhead tricep press with a banner resistance band.
 3. DORTMAN CURL Dortman curl with a banner resistance band.	 4. TRICEP KICKBACK Tricep kickback with a banner resistance band.
 5. BICEP CURL TO PRESS Bicep curl to press with a banner resistance band.	 6. TRICEP PUSH-UP Tricep push-up with a banner resistance band.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT Body squat with a banner resistance band.	 2. BULGARIAN DEADLIFT Bulgarian deadlift with a banner resistance band.
 3. STEP-BACK LUNGE Step-back lunge with a banner resistance band.	 4. WALL SIT Wall sit with a banner resistance band.
 5. STANDING LEG CURL Standing leg curl with a banner resistance band.	 6. GLUTE SQUISH Glute squish with a banner resistance band.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Dead bug with a banner resistance band.	 2. SEATED RUSSIAN TWIST Seated Russian twist with a banner resistance band.
 3. PLANK ON KNEES Plank on knees with a banner resistance band.	 4. BIRD DOG Bird dog with a banner resistance band.
 5. FLUTTER KICKS Flutter kicks with a banner resistance band.	 6. SIDE-CYBER REACH Side-CYBER REACH with a banner resistance band.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Lateral raise with a banner resistance band.	 2. SHOULDER PRESS Shoulder press with a banner resistance band.
 3. FRONT RAISE Front raise with a banner resistance band.	 4. TRICEP OVERHEAD Tricep overhead with a banner resistance band.
 5. SHOULDER ROW Shoulder row with a banner resistance band.	 6. SHOULDER CIRCLE Shoulder circle with a banner resistance band.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BODY BRIDGE Body bridge with a banner resistance band.	 2. STANDING KNEE RAISE Standing knee raise with a banner resistance band.
 3. LUNGE SQUAT Lunge squat with a banner resistance band.	 4. STEP-UP Step-up with a banner resistance band.
 5. FIRE HYDRANT Fire hydrant with a banner resistance band.	 6. WALL PUSH-UP Wall push-up with a banner resistance band.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Floor chest press with a banner resistance band.	 2. SUPERMAN HOLD Superman hold with a banner resistance band.
 3. BENT-OVER ROW Bent-over row with a banner resistance band.	 4. WALL PUSH-UP Wall push-up with a banner resistance band.
 5. CHEST FLY ON FLOOR Chest fly on floor with a banner resistance band.	 6. ONE ARM PUSH-UP One arm push-up with a banner resistance band.

Beginner Friendly Home Workout Guide For Students

Michael Seilmaier



Beginner Friendly Home Workout Guide For Students:

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In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Beginner Friendly Home Workout Guide For Students**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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