

# HOME WORKOUT PLAN

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

**DAY 1**

<p><b>1. BARNER CURL</b> Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your knees and lift the dumbbells up to your shoulders.</p>	<p><b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Press it up and down.</p>
<p><b>3. DOTTMAN CURL</b> Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your knees and lift the dumbbells up to your shoulders.</p>	<p><b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands behind your back. Bend your knees and lift the dumbbell up.</p>
<p><b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands in front of you. Curl it up and press it up.</p>	<p><b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>

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

**DAY 2**

<p><b>1. GOBBY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and squat down.</p>	<p><b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>
<p><b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lunge down.</p>	<p><b>4. WALL SIT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and sit down.</p>
<p><b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands in front of you. Curl it up and press it up.</p>	<p><b>6. ROMAN SQUAT PUNCH</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>

*Home Workout Plan*  
**CORE + STABILITY**

**DAY 3**

<p><b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>	<p><b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on a bench with your feet flat on the floor. Twist your torso from side to side.</p>
<p><b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Lie on your stomach on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>	<p><b>4. BIRD-DOG</b> Repetitions: 10-15 Lie on your stomach on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>
<p><b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>	<p><b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

<p><b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands in front of you. Curl it up and press it up.</p>	<p><b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands above your head. Push it up and down.</p>
<p><b>3. FRONT RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell with both hands in front of you. Curl it up and press it up.</p>	<p><b>4. BENCH ARMS</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>
<p><b>5. INVERTED ROW</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>	<p><b>6. SHOULDER CARVED</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>

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**BODY FOCUS**

**DAY 5**

<p><b>1. BUNNY BRIDGE</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>	<p><b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lift them up.</p>
<p><b>3. BUNNY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and squat down.</p>	<p><b>4. STEP-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up and squat down.</p>
<p><b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>	<p><b>6. WALL SQUAT BRIDGE HOLD</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>

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

**DAY 6**

<p><b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>	<p><b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>
<p><b>3. BENT-OVER ROW</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lift the dumbbell up.</p>	<p><b>4. WALL PUSH-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lean against a wall and sit down.</p>
<p><b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>	<p><b>6. DR. PULLOVER</b> Repetitions: 10-15 Lie on your back on a bench. Hold a dumbbell with both hands above your head. Push it up and down.</p>

# Beginner Friendly Home Workout Guide For Workers 4750

**M Lipman**



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