

# HOME WORKOUT PLAN

US LETTER, A4, A5 | HIGH QUALITY PRINT | INSTANT DOWNLOAD

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

**DAY 1**

 <b>1. BANNER CURL</b> Repetitions: 10-15 Hold dumbbells with your palms facing each other. Bend your elbows and lift the weights towards your shoulders.	 <b>2. OVERHEAD TRICEP PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold dumbbells above your head with your palms facing each other. Press the weights straight up.
 <b>3. DUMBBELL CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold dumbbells at your sides with your palms facing each other. Curl the weights up towards your shoulders.	 <b>4. TRICEP KICKBACK</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold dumbbells at your sides with your palms facing each other. Bend your elbows and lift the weights straight back.
 <b>5. BICEP CURL TO PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold dumbbells at your sides with your palms facing each other. Curl the weights up and then press them straight up.	 <b>6. BENCH PUSH-UP</b> Repetitions: 10-15 Kneel on a flat surface. Place your hands on the surface, shoulder-width apart. Push your body up with your arms.

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

**DAY 2**

 <b>1. GOBLET SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in front of your chest with both hands. Squat down by bending your knees.	 <b>2. BRIDGEMAN DESEALTY</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips to form a bridge.
 <b>3. STEP-BACK LUNGE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot back and lower your body until both knees are bent at a 90-degree angle.	 <b>4. WALL SIT</b> Repetitions: 10-15 Stand with your back against a wall. Bend your knees and sit on the floor, with your feet flat on the floor.
 <b>5. STAMMING LEG CURL</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold a dumbbell in front of your chest with both hands. Bend your knees and lift the weight.	 <b>6. ROMAN SQUAT PUNCH</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips and punch your arms up.

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

**DAY 3**

 <b>1. DEAD BUG</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips and touch your opposite hand and foot.	 <b>2. SEATED RUSSIAN TWIST</b> Repetitions: 10-15 Sit on the floor with your knees bent and feet flat on the floor. Twist your torso from side to side.
 <b>3. PLANK ON ELBOWS</b> Repetitions: 10-15 Lie on your stomach with your elbows on the floor. Lift your hips and hold your body in a straight line.	 <b>4. BIRD-DOG</b> Repetitions: 10-15 Lie on your stomach with your knees bent and feet flat on the floor. Lift your opposite hand and foot.
 <b>5. PLUTTER KICKS</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips and touch your opposite hand and foot.	 <b>6. BIRD-YOGA BEACH</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips and touch your opposite hand and foot.

*Home Workout Plan*  
**SHOULDERS**

**DAY 4**

 <b>1. LATERAL RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold dumbbells at your sides with your palms facing each other. Lift the weights straight out to the sides.	 <b>2. SHOULDER PRESS</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold dumbbells above your head with your palms facing each other. Press the weights straight up.
 <b>3. FRONT RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold dumbbells at your sides with your palms facing each other. Lift the weights straight in front of you.	 <b>4. BENCH ARMS</b> Repetitions: 10-15 Kneel on a flat surface. Place your hands on the surface, shoulder-width apart. Push your body up with your arms.
 <b>5. INVERTED ROW</b> Repetitions: 10-15 Lie on your back with your feet on a bench. Hold a barbell across the bench with your hands shoulder-width apart. Pull the barbell up towards your chest.	 <b>6. SHOULDER CARVED</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Hold dumbbells at your sides with your palms facing each other. Lift the weights straight out to the sides.

*Home Workout Plan*  
**BODY FOCUS**

**DAY 5**

 <b>1. BUNNY BUNDS</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips and touch your opposite hand and foot.	 <b>2. STANDING KNEE RAISE</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one knee up towards your chest.
 <b>3. BUNNY SQUAT</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Lift one knee up towards your chest.	 <b>4. STEP-UP</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Step one foot up onto a bench.
 <b>5. FIRE HYDRANT</b> Repetitions: 10-15 Lie on your side with your knees bent and feet flat on the floor. Lift one leg up towards your chest.	 <b>6. WALL BUNTS BRIDGE WITH</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your hips and touch your opposite hand and foot.

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

**DAY 6**

 <b>1. FLOOR CHEST PRESS</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Press a dumbbell straight up from your chest.	 <b>2. SUPERMAN HOLD</b> Repetitions: 10-15 Lie on your stomach with your arms and legs extended straight out. Lift your arms and legs off the floor.
 <b>3. BENT-OVER ROW</b> Repetitions: 10-15 Stand with feet shoulder-width apart. Bend your knees and lift a dumbbell up towards your chest.	 <b>4. WALL PUSH-UP</b> Repetitions: 10-15 Stand with your back against a wall. Bend your knees and sit on the floor, with your feet flat on the floor.
 <b>5. CHEST FLY ON FLOOR</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your arms up towards your chest.	 <b>6. DIRT PULLOVER</b> Repetitions: 10-15 Lie on your back with your knees bent and feet flat on the floor. Lift your arms up towards your chest.

# Beginner Friendly Home Workout Guide For Experts

**Ronald A. Landskroner**



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## **Table of Contents Beginner Friendly Home Workout Guide For Experts**

1. Understanding the eBook Beginner Friendly Home Workout Guide For Experts
  - The Rise of Digital Reading Beginner Friendly Home Workout Guide For Experts
  - Advantages of eBooks Over Traditional Books
2. Identifying Beginner Friendly Home Workout Guide For Experts
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Beginner Friendly Home Workout Guide For Experts
  - User-Friendly Interface
4. Exploring eBook Recommendations from Beginner Friendly Home Workout Guide For Experts
  - Personalized Recommendations
  - Beginner Friendly Home Workout Guide For Experts User Reviews and Ratings
  - Beginner Friendly Home Workout Guide For Experts and Bestseller Lists
5. Accessing Beginner Friendly Home Workout Guide For Experts Free and Paid eBooks
  - Beginner Friendly Home Workout Guide For Experts Public Domain eBooks
  - Beginner Friendly Home Workout Guide For Experts eBook Subscription Services
  - Beginner Friendly Home Workout Guide For Experts Budget-Friendly Options

6. Navigating Beginner Friendly Home Workout Guide For Experts eBook Formats
  - ePub, PDF, MOBI, and More
  - Beginner Friendly Home Workout Guide For Experts Compatibility with Devices
  - Beginner Friendly Home Workout Guide For Experts Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Beginner Friendly Home Workout Guide For Experts
  - Highlighting and Note-Taking Beginner Friendly Home Workout Guide For Experts
  - Interactive Elements Beginner Friendly Home Workout Guide For Experts
8. Staying Engaged with Beginner Friendly Home Workout Guide For Experts
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Beginner Friendly Home Workout Guide For Experts
9. Balancing eBooks and Physical Books Beginner Friendly Home Workout Guide For Experts
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Beginner Friendly Home Workout Guide For Experts
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Beginner Friendly Home Workout Guide For Experts
  - Setting Reading Goals Beginner Friendly Home Workout Guide For Experts
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beginner Friendly Home Workout Guide For Experts
  - Fact-Checking eBook Content of Beginner Friendly Home Workout Guide For Experts
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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