

HOME WORKOUT PLAN

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Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BANNER CURL Repetitions: 10-15 Hold the banner with both hands, pull up towards your chest, then lower it back down.	 2. OVERHEAD TRICEP PRESS Repetitions: 10-15 Hold the banner with both hands above your head, press it up, then lower it back down.
 3. SOFTMAN CURL Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.	 4. TRICEP KICKBACK Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.
 5. BICEP CURL TO PRESS Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then press it up.	 6. BICEP PULL-UP Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. GOBBY SQUAT Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then stand up.	 2. BRIDGEMAN DESEALTY Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then stand up.
 3. STEP-BACK LUNGE Repetitions: 10-15 Hold the banner with both hands in front of your chest, lunge back, then stand up.	 4. WALL SIT Repetitions: 10-15 Hold the banner with both hands in front of your chest, sit against the wall, then stand up.
 5. STAMMING LEG CURL Repetitions: 10-15 Hold the banner with both hands in front of your chest, curl up, then lower it back down.	 6. BOMB SQUAT PUNCH Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then punch up.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 2. SEATED RUSSIAN TWIST Repetitions: 10-15 Sit on the floor, lean back, twist your torso, then return to the starting position.
 3. PLANK ON ELBOWS Repetitions: 10-15 Hold the banner with both hands in front of your chest, plank on your elbows.	 4. BIRD-DOG Repetitions: 10-15 Hold the banner with both hands in front of your chest, lift one leg and one arm, then lower them back down.
 5. PLUTTER BICYCLE Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.	 6. BIRD-YOGA BEACH Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lower them back down.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Repetitions: 10-15 Hold the banner with both hands in front of your chest, raise your arms out to the sides.	 2. SHOULDER PRESS Repetitions: 10-15 Hold the banner with both hands in front of your chest, press it up, then lower it back down.
 3. FRONT RAISE Repetitions: 10-15 Hold the banner with both hands in front of your chest, raise your arms in front of you.	 4. BOMB AIRBORN Repetitions: 10-15 Hold the banner with both hands in front of your chest, jump up, then land back down.
 5. WRENSHAW BOW Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.	 6. SHOULDER CARVED Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BOMB BRIDGE Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your hips.	 2. STANDING KICKBACK Repetitions: 10-15 Hold the banner with both hands in front of your chest, kick your leg back, then lower it back down.
 3. BOMB SQUAT Repetitions: 10-15 Hold the banner with both hands in front of your chest, squat down, then stand up.	 4. STEP-UP Repetitions: 10-15 Hold the banner with both hands in front of your chest, step up, then step back down.
 5. FIRE STAMMING Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your hips.	 6. BOMB BOMB BRIDGE Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your hips.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then press the banner up.	 2. SUPERMAN HOLD Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your arms and legs.
 3. BOMB-OVER BOMB Repetitions: 10-15 Hold the banner with both hands in front of your chest, jump up, then land back down.	 4. BOMB PULL-UP Repetitions: 10-15 Hold the banner with both hands in front of your chest, pull up, then lower it back down.
 5. CHEST FLY ON FLOOR Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your arms.	 6. BOMB PULLOVER Repetitions: 10-15 Lie on your back, pull your knees up towards your chest, then lift your arms.

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David Kirk



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