

HOME WORKOUT PLAN

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

Home Workout Plan
BICEPS & TRICEPS

DAY 1

 1. BARNER DUMBS Dumbbell exercise for biceps and triceps.	 2. OVERHEAD TRICEP PRESS Dumbbell exercise for triceps.
 3. DUMBBELL DUMBS Dumbbell exercise for biceps and triceps.	 4. TRICEP KICKBACK Dumbbell exercise for triceps.
 5. BICEP CURL TO PRESS Dumbbell exercise for biceps and triceps.	 6. BICEP PUMP-UP Dumbbell exercise for biceps.

Home Workout Plan
QUADS & HAMSTRINGS

DAY 2

 1. BODY SQUAT Bodyweight squat exercise.	 2. BRIDGEMAN DESEALTY Bodyweight exercise for quads and hamstrings.
 3. STEP-BACK LUNGE Bodyweight lunge exercise.	 4. WALL SIT Bodyweight exercise for quads.
 5. STANDING LEG CURL Bodyweight exercise for hamstrings.	 6. BENCH SQUAT PUNCH Bodyweight exercise for quads and hamstrings.

Home Workout Plan
CORE + STABILITY

DAY 3

 1. DEAD BUG Core exercise for stability.	 2. SEATED RUSSIAN TWIST Core exercise for stability.
 3. PLANK ON ELBOWS Core exercise for stability.	 4. BIRD-DOG Core exercise for stability.
 5. PLUTTER KICKS Core exercise for stability.	 6. BIRD-FLYING BEACH Core exercise for stability.

Home Workout Plan
SHOULDERS

DAY 4

 1. LATERAL RAISE Dumbbell exercise for shoulders.	 2. SHOULDER PRESS Dumbbell exercise for shoulders.
 3. FRONT RAISE Dumbbell exercise for shoulders.	 4. BENCH ARMS Dumbbell exercise for shoulders.
 5. INVERTED ROW Dumbbell exercise for shoulders.	 6. SHOULDER CIRCLES Dumbbell exercise for shoulders.

Home Workout Plan
BODY FOCUS

DAY 5

 1. BODY BRIDGE Bodyweight exercise for glutes and hamstrings.	 2. STANDING KNEE RAISE Bodyweight exercise for core and legs.
 3. BENCH SQUAT Bodyweight exercise for quads and hamstrings.	 4. STEP-UP Bodyweight exercise for quads and hamstrings.
 5. FIRE HYDRANT Bodyweight exercise for glutes.	 6. BENCH BIRTH BARRIER WALK Bodyweight exercise for core and legs.

Home Workout Plan
CHEST & BACK

DAY 6

 1. FLOOR CHEST PRESS Bodyweight exercise for chest.	 2. SUPERMAN HOLD Bodyweight exercise for back.
 3. BENCH-OVER BENCH Bodyweight exercise for chest and back.	 4. WALL PUMP-UP Bodyweight exercise for chest and back.
 5. CHEST FLY ON FLOOR Bodyweight exercise for chest.	 6. BENCH PULLOVER Bodyweight exercise for chest and back.

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Aakash Sharma



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[Burn Fat. Build Life.](#) , 2026-03-16
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[The A-List Workout](#) Alyssa Shaffer, 2006-11
Ten celebrity trainers present workout routines and fitness tips that can be adapted to individual needs, along with dietary advice and recipes for a seven-day meal plan.

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