

Home workout

Day 1

First exercise Chest

Pick one and do 3 sets with at least one-minute rest between sets for as many reps as you can do with proper form.

Pushups

Starting Position

- In a prone position with toes and palms on the ground, hands slightly wider than shoulder width, in line with chest, arms straight
- Keep abs contracted and back straight.
- Keep head and neck aligned with shoulders.

Downward Movement

- Bend elbows and lower chest toward ground, to full contraction.
- Keep abs contracted and back straight.
- Keep head and neck aligned with shoulders.

Upward Movement

- Push back up to start position, to full extension
- Keeping good form





Push Up with Knee Assistance

Starting Position

- In a prone position with knees and palms on the ground, hands slightly wider than shoulder width, in line with chest, arms straight
- Keep abs contracted and back straight.
- Keep head and neck aligned with shoulders.

Downward Movement

- Bend elbows and lower chest toward ground, to full contraction.
- Keep abs contracted and back straight.
- Keep head and neck aligned with shoulders.

Upward Movement

- Push back up to start position, to full extension
- Keeping good form



Wall Push Up

Starting Position

- Place your hands on the wall. Hands slightly outside of shoulders.
- Place your feet away from the wall, creating a 45 degree angle with your body.

- Keep abs contracted and back straight.
- Keep head and neck aligned with shoulders.

Downward Movement

- Bend elbows and lower chest toward the wall, stopping a few inches from the wall.
- Keep your back straight.

Upward Movement

- Push back up to start position.
- Repeat.



Push up bench/chair

Starting Position

- On the bench, place hands slightly outside of shoulders and toes on floor, chest over bench.
- Keep abs contracted and back straight.
- Keep head and neck aligned with shoulders.

Downward Movement

- Bend elbows and lower chest to bench.

Upward Movement

- Push back up to start position.
- Repeat.



Second exercise Back

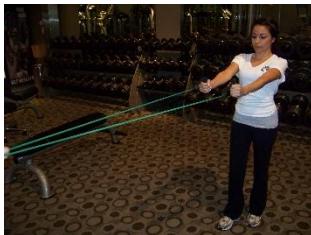
Low Row Resistance Band Standing

Starting Position

- Resistance band should be attached or held by a partner away from you, lower about two feet above the ground
- Grab handles, palms facing in
- Arms are fully extended
- Stand shoulder width apart
- Upper body should be proud

Execution

- Slowly bring your arms back, elbows bending out
- Palms remain facing in, bringing palms to your torso
- Slow release back to starting position and repeat





Third exercise

Mid Row Resistance Band Standing

Starting Position

- Resistance band should be attached or held by a partner away from you, at chest level
- Grab handles, palms facing in
- Arms are fully extended
- Stand shoulder width apart
- Upper body should be proud

Execution

- Slowly bring your arms back, elbows bending out
- Palms remain facing in, bringing palms to your arm pits
- Slow release back to starting position and repeat



Day Two

First exercise

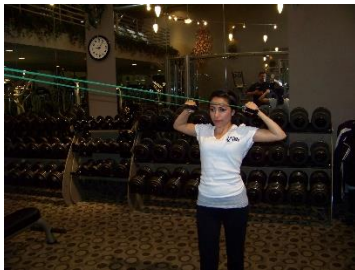
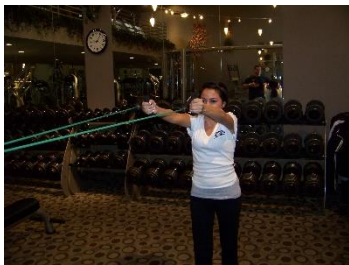
High pull Resistance Band Standing

Starting Position

- Resistance band should be attached or held by a partner away from you, at chest level
- Grab handles, palms facing in
- Arms are fully extended
- Stand shoulder width apart
- Upper body should be proud

Execution

- Slowly bring your arms back, elbows bending out
- Rotate palms so that they are facing down, bringing palms high by your ears
- Slow release back to starting position and repeat



Second exercise

Triceps Resistance Bands

Starting Position

- Resistance band should be anchored above your head in a high position.
- Grab the handles of the resistance bands bring your hands above your head and turn with your back to the anchoring point of the bands, and take one step away so that there's a slight angle
- Grab the handles, palms facing down
- Find your balance point with proper posture and abdominal stabilization.
- Bring your elbows up even with your shoulders about shoulder with apert
- Elbows bent toward your ears

outward Movement

- Slowly extend your forearms out away from you

- To a full locked position
- Not allowing your elbows to move
- Maintain proper posture and abdominal stabilization

Upward Movement

- Slowly bend elbows back up to starting position in a slow and controlled motion
- Repeat



Third exercise

Biceps curls

Starting Position

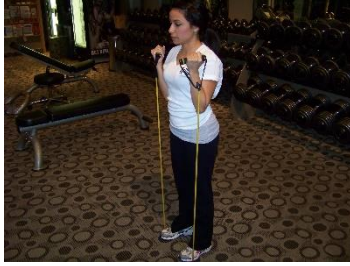
- Stand with knees slightly bent, slightly shoulder width apart. The resistance bands should be underneath your feet.
- Keep back straight. Arms are fully extended
- Grasp the handles of the resistance bands, palms facing upward

Upward Movement

- Lift the handles, by bending the elbow of each arm
- Keep the elbows at side and do not let upper arm move away from body
- Keep back straight and stable throughout the movement

Downward Movement

- Slowly lower handles in a controlled motion until arm is fully extended
- Repeat movement



Fourth exercise

Assisted squats

Starting Position

- Rest hands on a bar about chest high
- Stand straight up, chest proud

Execution

- Bend knees, lowering bottom to the floor
- Push up through your heels
- Stand up straight and repeat



Squat

Starting Position

- Stand straight up, chest proud
- Hands should be out in front of your

Execution

- Bend knees to 45-degree angle as if you were sitting in a chair
- Chest slightly leans forward
- Stand straight up, and repeat

