

# 5-Day Workout Routine

## for weight loss

### Day 1 - Legs and Biceps

20-30 minutes cardio

Legs

Jump squats - 3 sets of 12 reps

Romanian deadlift - 3 sets of 12 reps

Side lunges - 3 sets of 12 reps

Barbell squats - 3 sets of 12 reps

Hip thrusts - 3 sets of 12 reps

Dumbbell lying hip abduction - 3 sets of 12 reps

Biceps

Bicep curls - 3 sets of 12 reps

Preacher curls - 3 sets of 12 reps

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### Day 3 - Back and Shoulders

20-30 minutes cardio

Back

Barbell deadlifts - 3 sets of 12 reps

Bent-over dumbbell rows - 3 sets of 12 reps

Wide grip lat pull downs - 3 sets of 12 reps

Back extensions - 3 sets of 12 reps

Shoulders

Shoulder press - 3 sets of 12 reps

Dumbbell upright row - 3 sets of 12 reps

Dumbbell lateral raises - 3 sets of 12 reps

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### Day 5- Back, Biceps and Abs

20-30 minutes cardio

Barbell deadlifts - 3 sets of 12 reps

Renegade rows 3 sets of 12 reps

Bent over rows -3 sets of 12 reps

Bicep curls - 3 sets of 12 reps

Hammer curls - 3 sets of 12 reps

Lying leg raises - 3 sets of 12 reps

Planks - 2 sets of 45 seconds

Side planks 2 sets of 1 minute each side

### Day 2 - Chest and Triceps

20-30 minutes cardio

Chest

Dumbbell floor press - 3 sets of 12 reps

Incline dumbbell bench press - 3 sets of 12 reps

Dumbbell chest fly - 3 sets of 12 reps

Push-ups - 3 sets of 12 reps

Triceps

Triceps kickbacks - 3 sets of 12 reps

Tricep dips - 3 sets of 12 reps

Dumbbell overhead triceps extensions - 3 sets of 12 reps

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### Day 4- Legs, Chest and Triceps

20-30 minutes cardio

Barbell squats - 3 sets of 12 reps

Reverse lunges - 3 sets of 12 reps

Dumbbell plie squats - 3 sets of 12 reps

Hip thrusts - 3 sets of 12 reps

Calf raises - 3 sets of 12 reps

Bench press - 3 sets of 12 reps

Dumbbell skullcrusher- 3 sets of 12 reps

Tricep dips - 3 sets of 12 reps

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## **Table of Contents Routine Case Study Examples In 2026 Best Way To Home Workout Routine**

1. Understanding the eBook Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - The Rise of Digital Reading Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - Advantages of eBooks Over Traditional Books
2. Identifying Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - 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 Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - User-Friendly Interface
4. Exploring eBook Recommendations from Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - Personalized Recommendations

- Routine Case Study Examples In 2026 Best Way To Home Workout Routine User Reviews and Ratings
- Routine Case Study Examples In 2026 Best Way To Home Workout Routine and Bestseller Lists
- 5. Accessing Routine Case Study Examples In 2026 Best Way To Home Workout Routine Free and Paid eBooks
  - Routine Case Study Examples In 2026 Best Way To Home Workout Routine Public Domain eBooks
  - Routine Case Study Examples In 2026 Best Way To Home Workout Routine eBook Subscription Services
  - Routine Case Study Examples In 2026 Best Way To Home Workout Routine Budget-Friendly Options
- 6. Navigating Routine Case Study Examples In 2026 Best Way To Home Workout Routine eBook Formats
  - ePub, PDF, MOBI, and More
  - Routine Case Study Examples In 2026 Best Way To Home Workout Routine Compatibility with Devices
  - Routine Case Study Examples In 2026 Best Way To Home Workout Routine Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - Highlighting and Note-Taking Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - Interactive Elements Routine Case Study Examples In 2026 Best Way To Home Workout Routine
- 8. Staying Engaged with Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Routine Case Study Examples In 2026 Best Way To Home Workout Routine
- 9. Balancing eBooks and Physical Books Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Routine Case Study Examples In 2026 Best Way To Home Workout Routine
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - Setting Reading Goals Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Routine Case Study Examples In 2026 Best Way To Home Workout Routine

- Fact-Checking eBook Content of Routine Case Study Examples In 2026 Best Way To Home Workout Routine
  - 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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