

## WORKOUT CHART

### Step 1:-

Start with 5-10 minutes of cycling. Then increase it to 10-15 minutes.

Step 2:- Warm up exercises along with stretching

### ~~Warm up Exercises~~

1. Jumping Jacks - 15 reps (2 sets) [Rest 30 seconds in between].
2. Butt Kicks - 15 reps (2 sets) [Rest 30 seconds between sets].
3. Low plank to High Plank - 10 reps (2 sets) [Rest 30secs].
4. Plank Knees to Elbow - 10 reps (2 sets).

Step 3:- Full Body Workout chart (Strength Training)

1. Barbell / Dumbbell Back Squat - 4 sets (5-12 reps).
2. Cable Lat Pull Down - 4 sets (5-12 reps).
3. Barbell / Dumbbell Bench Press - 4 sets (5-12 reps).
4. Dumbbell Shoulder Press - 4 sets (5-12 reps).
5. Cable Rear Delt Fly - 4 sets (5-12 reps).
6. Barbell ~~skull~~ skull crushers - 4 sets (5-12 reps).
7. Barbell / Dumbbell Biceps Curl - 4 sets (5-12 reps).
8. Barbell / Dumbbell Reverse Curl - 4 sets (5-12 reps).
9. Bodyweight Abs Crunches - 4 sets (5-12 reps).

Finish off with 5-10 minutes of walking on Treadmill.

Finish it off with 5-10 minutes of steady walking (cooling)

HIIT Workout: (Choose any 5-6 exercises each time you workout)

- 1) High Knee Runs - 45 seconds.
- 2) Butt Kicks - 45 seconds.
- 3) Mountain Climbers - 45 seconds. (But start with 25-30 seconds)
- 4) High Side Plank Raises - 45 secs (each) (Both sides)
- 5) Russian Twist - 45 seconds.
- 6) Squats - 30 - 45 seconds.
- 7) Lunges - 30 - 45 seconds.
- 8) In & Outs - 30 - 45 seconds.
- 9) Jump Squats - 30 seconds.
- 10) Inchworms - 30 seconds.

(Take a rest of 45 secs - 1 min. initially after each workout)

Body Weight Exercises: (Choose any 6 exercises)

- 1) Single Leg Romanian Deadlifts → 10 reps (2 sets)
- 2) Push Ups (Normal) 15 reps (2 sets)
- 3) Pull Ups - 15 reps (2 sets). (First start off with 10 reps of 1 set. Then go for 15 reps of 2 sets)
- 4) Chin Ups - 10 reps (2 sets)
- 5) Alt Compressions - 20 reps. (1 set)
- 6) Normal Dips - 15 reps (2 sets)
- 7) Tricep Extension - 15 reps (2 sets)
- 8) Explosive Knee Push Ups - 15 reps. (2 sets)
- 9) Ab Crunches - 10 reps (2 sets)
- 10) V Ups - 10 reps (2 sets)
- 11) Hip Raises - 10 reps (2 sets)
- 12) Bicycles - 30 seconds (2 sets)