

Vaarija workout plan

Day	Focus	Workout Details (Duration: ~60 min)	Calories Burned
Day 1 – Lower Body + Belly	Glutes, Thighs, Belly	Warm-up (5–10 min): Stair Climb, Arm Rolls, March in Place Main (40 min): - Chair Squats – 3×15 - Step-Ups (Stair) – 3×12/leg - Glute Bridge – 3×15 - Side-Lying Leg Raise – 2×15/leg - Wall Sit Hold – 2×30 sec Core (10 min): - Seated Twists – 3×20 - Seated Knee Lifts – 3×15	~400 kcal
Day 2 – Upper Body + Core	Arms, Back, Belly	Warm-up (5–10 min): Arm Swing, Shoulder Rolls, Light Dance Main (40 min): - Wall Push-Ups – 3×15 - Dumbbell Curl (Bottle) – 3×12 - Arm Raise Front & Side – 3×10 - Arm Circles – 2×30 sec - Bottle Rowing – 3×15 Core (10 min): - Belly Breathing – 3 min - Glute Bridge Pulse – 3×20	~400 kcal
Day 3 – Glute + Belly Burn	Glutes, Belly	Warm-up (5–10 min): Step Tap, Brisk Walk Main (40 min): - Glute Kickbacks (Chair) – 3×12/leg - Sumo Squats – 3×12 - Side-Lying Leg Lift – 2×15/leg - Stair Step Run – 3 min - Chair Sit-Stand Fast – 2×10 Core (10 min): - Standing Side Crunch – 3×10/side - Twisting Crunch – 3×10	~400 kcal

Day 4 – Full Body Toning

Full Body

- Warm-up (5–10 min):** March in Place, Arm Swings, Torso Twist
- Main (40 min):**
- Circuit Round 1: Chair Squat + Curl + Arm Kickback – 12 reps
 - Circuit Round 2: Step-Up + Overhead Raise – 10 reps
 - Wall Push-Up + Leg Raise – 10 reps
 - Dumbbell Row (Bottle) – 2×15
- Core (10 min):**
- Seated Knee Lifts – 3×15
 - Glute Bridge Hold – 2×30 sec