



By:
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Fitness Professional
American Council on Exercise(ACE)

Hey Fitness Enthusiast!

I know that you have a very busy schedule, But do not worry! I will be your support throughout the journey and provide you with the necessary feedback on how to improve your fitness.

It's very important that we think of being active throughout the day rather than just thinking of workout done or workout not done.

Your workouts do matter, but it's just one important part of your daily schedule, the other part is to partly keep ourselves active to burn those extra calories.

So, let's jump into it!

Workout Plan:

Do's:

- Carry a water bottle to keep yourself hydrated during the workout.
- Sip water between workouts.
- Make sure you do not workout on a heavy stomach(workout after 2 hours of a light meal or after 3 hours of a heavy meal).
- Make sure your workout space is ventilated.
- **Drop me a message one your workout is done for the day.**

Don'ts:

- Do not under train yourself or over train yourself, both cause side effects on your stress levels in the body. Make sure you have a balance
- Do not push yourself too much if you are going out of breath. Take rest for about 3-5 minutes or intense exercises and 2-3 minutes for light exercises.

Monday:

<i>Exercise</i>	<i>Sets</i>	<i>reps</i>	<i>video link</i>
Neck rotation side to side	1 set	20 reps	https://youtu.be/c10aRuyIAE1
Neck rotation up	1 set	20 reps	Move neck up



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and down			and down
arm circles	1 set	15 reps	https://youtu.be/bP52FXTIzjA
arm scissors	1 set	15 reps	https://youtu.be/Cilm0WNRdCo
legs swings	1 set	10 reps each side	https://youtu.be/naW8u72IOzI
jumping jacks	2 sets	20 reps	https://youtu.be/iSSAk4XCsRA
squat	2 sets	20 reps	https://youtu.be/YaXPRqUwltQ
knee push ups	3 sets	10 reps	https://youtu.be/WcHtt6zT3Go
glute bridge	1 set	40 reps	https://youtu.be/OUgsJ8-Vi0E
abs crunches	2 sets	20 reps	https://youtu.be/MKmrqcoCZ-M
planks	2 sets	30 second hold	https://youtu.be/BQu26ABuVS0

Tuesday:

<i>Exercise</i>	<i>Sets</i>	<i>reps</i>	<i>video link</i>
Neck rotation side to side	1 set	20 reps	https://youtu.be/c10aRuyIAEI
Neck rotation up and down	1 set	20 reps	Move neck up and down
arm circles	1 set	15 reps	https://youtu.be/bP52FXTIzjA
arm scissors	1 set	15 reps	https://youtu.be/Cilm0WNRdCo



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legs swings	1 set	10 reps each side	https://youtu.be/n aW8u72IOzI
jumping jacks	2 sets	20 reps	https://youtu.be/i SSAk4XC sRA
squat	2 sets	20 reps	https://youtu.be/ YaXPRqUwltQ
knee push ups	3 sets	10 reps	https://youtu.be/ WcHtt6zT3Go
glute bridge	1 set	40 reps	https://youtu.be/ OUgsJ8-Vi0E
abs crunches	2 sets	20 reps	https://youtu.be/ MKmrqcoCZ-M
planks	2 sets	30 second hold	https://youtu.be/ BQu26ABuVS0

Wednesday:

<i>Exercise</i>	<i>Sets</i>	<i>reps</i>	<i>video link</i>
Neck rotation side to side	1 set	20 reps	https://youtu.be/c 10aRuyIAEI
Neck rotation up and down	1 set	20 reps	Move neck up and down
arm circles	1 set	15 reps	https://youtu.be/b P52FXTizjA
arm scissors	1 set	15 reps	https://youtu.be/ Cilm0WNRdCo
legs swings	1 set	10 reps each side	https://youtu.be/n aW8u72IOzI
jumping jacks	2 sets	20 reps	https://youtu.be/i SSAk4XC sRA
knee push ups	4 sets	15 reps	https://youtu.be/ WcHtt6zT3Go
child pose	2 sets	10 reps	https://youtu.be/q



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			YvYsFrTI0U
cat camel move	1 set	20 reps	https://youtu.be/ruLshJ6E0Uo
bird dog	3 sets	15 reps	https://youtu.be/wiFNA3sqjCA
burpees	3 sets	10 reps	https://youtu.be/9yiWAgm3DSU

Thursday:

<i>Exercise</i>	<i>Sets</i>	<i>reps</i>	<i>video link</i>
Neck rotation side to side	1 set	20 reps	https://youtu.be/c10aRuyIAEI
Neck rotation up and down	1 set	20 reps	Move neck up and down
arm circles	1 set	15 reps	https://youtu.be/bP52FXTIzjA
arm scissors	1 set	15 reps	https://youtu.be/Cilm0WNRdCo
legs swings	1 set	10 reps each side	https://youtu.be/naW8u72IOzI
jumping jacks	2 sets	20 reps	https://youtu.be/iSSAk4XCsRA
knee push ups	4 sets	15 reps	https://youtu.be/WcHtt6zT3Go
child pose	2 sets	10 reps	https://youtu.be/qYvYsFrTI0U
cat camel move	1 set	20 reps	https://youtu.be/ruLshJ6E0Uo
bird dog	3 sets	15 reps	https://youtu.be/wiFNA3sqjCA
burpees	3 sets	10 reps	https://youtu.be/9yiWAgm3DSU



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Friday:

<i>Exercise</i>	<i>Sets</i>	<i>reps</i>	<i>video link</i>
walk/ jog	45 mins	————	————
Arm stretch	2 set	20 sec hold	https://youtu.be/-1K0m5ywRcY
tricep stretch	2 sets	20 sec hold	https://youtu.be/IOHtPSYGbk
upper back stretch	2 sets	20 sec hold	https://youtu.be/bTn89EBKJdM
lower back stretch	1 set	30 sec hold	https://youtu.be/s7S0umfjktl
glute stretch	1 set	30 sec hold	https://youtu.be/YBV6d5TluFA

Saturday:

<i>Exercise</i>	<i>Sets</i>	<i>reps</i>	<i>video link</i>
walk/ jog	45 mins	————	————
Arm stretch	2 set	20 sec hold	https://youtu.be/-1K0m5ywRcY
tricep stretch	2 sets	20 sec hold	https://youtu.be/IOHtPSYGbk
upper back stretch	2 sets	20 sec hold	https://youtu.be/bTn89EBKJdM
lower back stretch	1 set	30 sec hold	https://youtu.be/s7S0umfjktl
glute stretch	1 set	30 sec hold	https://youtu.be/YBV6d5TluFA



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Sunday: Off day!!

Wishing you all the best for an amazing fitness journey ahead!