

Fitness At Home

Workout Routine

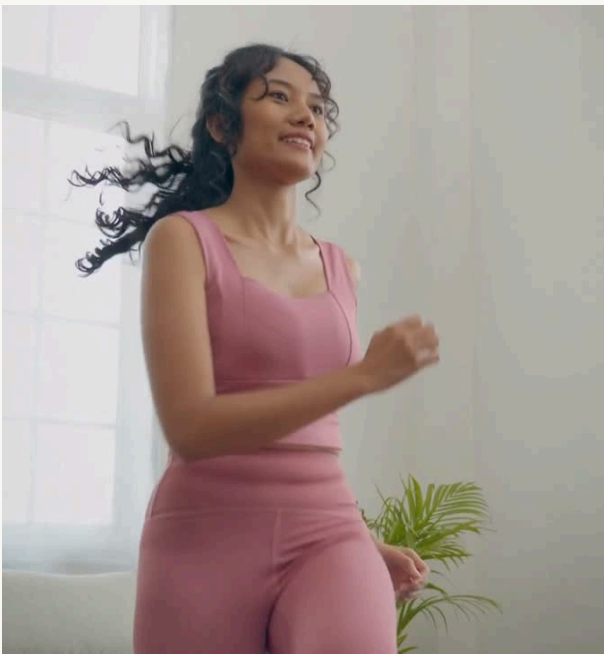
Monday- (Full body strength)

Workout : Perform 3-4 rounds of these exercises,
, resting 60-90 seconds between rounds:

- (a) 15-20 Squats
- (b) 10-15 Push-ups (on your knees if needed)
- (c) 15-20 lunges (per leg)
- (d) 30 sec Plank

[Cool down (5 min)]

Tuesday- (Cardio focus)



- (a) 20-30 min exercises like high knees , squat jumps
- (b) A dance workout or follow cardio video online

Wednesday- (Upper body & Core)

- (a) Warm -up: Arm circles
- (b) Workout : perform 3-4 rounds with short rest
- 10-15 Push-ups
 - 15 Triceps Dips(using chair or floor)
 - 15-20 Crunches
 - 20 sec Side Plank
 - 10 Superman holds
- (c) Cool down: stretching for shoulders, back

Thursday -Active Recovery

(a) Walk outdoor
(30 min)



(b) A gentle yoga



Friday-(Lower body & Glutes)

(a) Warm up: Leg Swings

(b) Workout: 3-4 rounds with short rest

- 20 Squats
- 15 Glute Bridges
- 15 Squats Jumps

(c) Cool -down: Deep stretch

Saturday- (Full body circuit)

Workout : Rest 1-2 min after the circuit ,
then repeat for a total of 3-4 rounds

- 50 Jumping jacks
- 1 min Plank
- 30 High knees
- 20 Bicycle Crunches

Sunday-(Rest & Recovery)

- Allow your body to rest and repair
- Avoid intense exercise
- Gentle stretching or walk