

## WORKOUTS

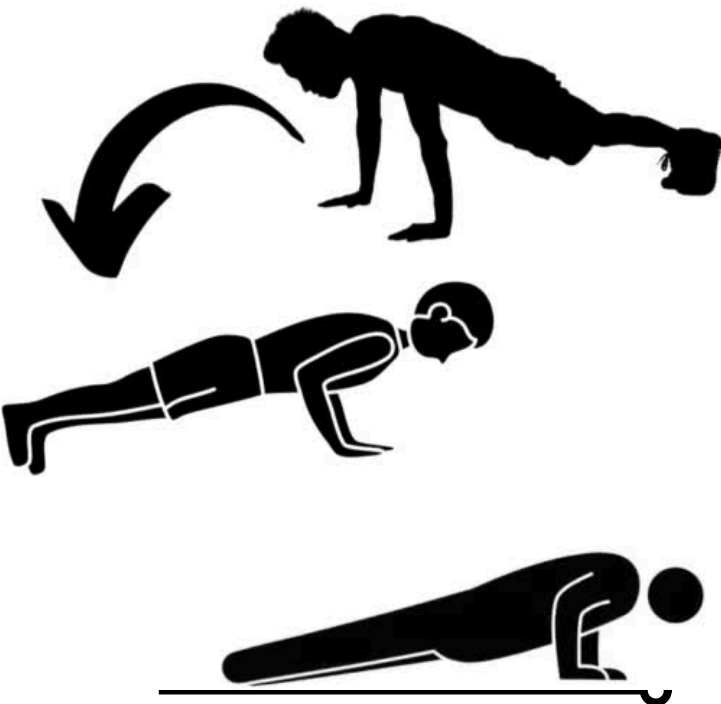
### Jumping Jacks



### 1. Jumping Jacks (Warm-up, Full Body)

- **How to do:** Stand straight with feet together. Jump while spreading your legs and raising arms overhead. Return to start and repeat.
- **Time limit:** 30–60 seconds × 2–3 sets.
- **Beginner warning:** Start slowly to avoid ankle or knee strain. Land softly on your feet.

### 2. Push-ups (Chest, Shoulders, Arms)



- **How to do:** Place hands on the floor slightly wider than shoulders. Keep body straight, lower your chest near the ground, then push back up.
- **Reps:** 10–20 reps × 2–3 sets.
- **Beginner warning:** If too hard, do knee push-ups. Avoid arching your back.



# Fitness At Home

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## 3. Squats (Legs, Glutes)



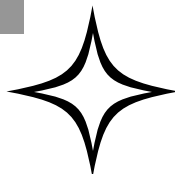
- **How to do:** Stand with feet shoulder-width apart. Bend knees and push hips back as if sitting on a chair. Keep chest up, then return to standing.
- **Reps:** 15–20 Reps × 2–3 sets.
- **Beginner warning:** Don't let knees go beyond toes. Keep back straight to avoid injury.

Front lunges



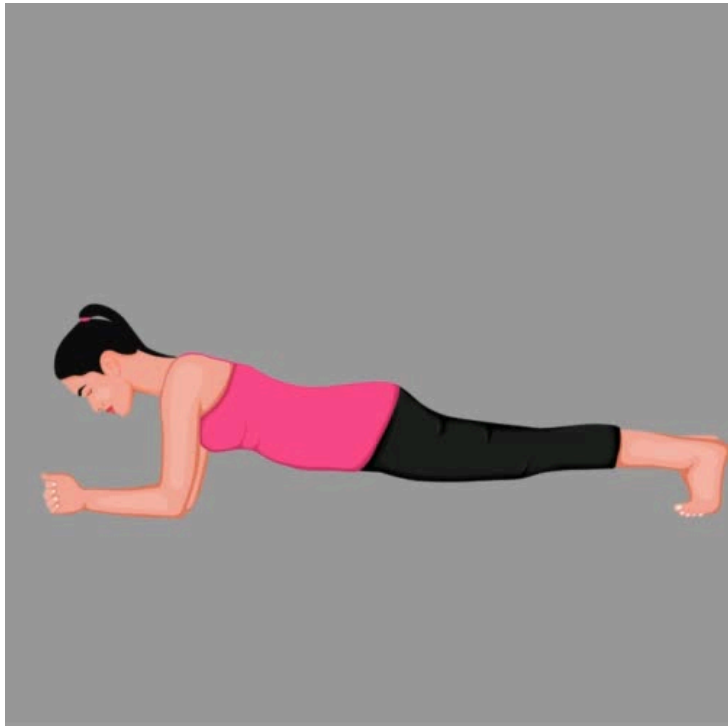
## 4 Lunges (Legs, Balance)

- **How to do:** Step forward with one leg, lowering hips until both knees are bent at 90°. Push back to starting position. Alternate legs.
- **Reps:** 10 each leg × 2–3 sets.
- **Beginner warning:** Maintain balance, don't let front knee go past toes. Use support if needed.



# Fitness At Home

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## 5 Plank (Core Strength)

- **How to do:** Place forearms on the floor, elbows under shoulders, legs extended. Keep body straight from head to heels. Hold the position.
- **Time limit:** 20–40 seconds × 2–3 sets.
- **Beginner warning:** Don't drop hips or raise them too high. Start with shorter holds.



Traditional Glute Bridge

## 6. Glute Bridges (Glutes, Lower Back)

- **How to do:** Lie on your back with knees bent and feet flat on the floor. Push through your heels, lifting hips until shoulders, hips, and knees form a straight line. Lower slowly.
- **Reps:** 15–20 reps × 2–3 sets.
- **Beginner warning:** Avoid arching the lower back too much. Keep core tight for support.

