

Yoga

- **Beginner:**
 - 5-minute breathing and stretching
 - 10-minute Sun Salutations (Surya Namaskar) – 5 rounds
 - 5-minute Cat-Cow Pose (Marjaryasana/Bitilasana)
 - 5-minute Child's Pose (Balasana)
 - **Intermediate:**
 - 10-minute Power Yoga flow
 - 10-minute Standing Poses (Warrior I, Warrior II, Triangle Pose)
 - 10-minute Core Poses (Plank, Boat Pose)
 - **Advanced:**
 - 15-minute Vinyasa Flow
 - 15-minute Inversions (Headstand, Handstand)
 - 10-minute Deep Stretching
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HIIT (High-Intensity Interval Training)

- **Beginner:**
 - 20 seconds jumping jacks + 40 seconds rest (repeat 5 times)
 - 20 seconds squats + 40 seconds rest (repeat 5 times)
 - **Intermediate:**
 - 30 seconds burpees + 30 seconds rest (repeat 8 times)
 - 30 seconds mountain climbers + 30 seconds rest (repeat 8 times)
 - **Advanced:**
 - 45 seconds sprint + 15 seconds rest (repeat 10 times)
 - 45 seconds box jumps + 15 seconds rest (repeat 10 times)
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Strength Training

- **Beginner:**
 - 2 sets of 10 bodyweight squats
 - 2 sets of 8 push-ups
 - 2 sets of 12 lunges (6 per leg)
- **Intermediate:**
 - 3 sets of 12 squats (with weights)
 - 3 sets of 10 bench press
 - 3 sets of 12 deadlifts
- **Advanced:**
 - 4 sets of 15 squats (with heavy weights)
 - 4 sets of 12 overhead presses
 - 4 sets of 10 pull-ups

Cycling

- **Beginner:**
 - 15-minute light cycling
 - 5-minute slow-down ride
- **Intermediate:**
 - 30-minute moderate-speed cycling
 - 10-minute hill climb simulation
- **Advanced:**
 - 45-minute high-speed cycling
 - 15-minute interval sprints (1-minute sprint, 2-minute rest)

Running

- **Beginner:**
 - 10-minute brisk walk
 - 5-minute slow jog
- **Intermediate:**
 - 20-minute steady jog
 - 10-minute intervals (1-minute sprint, 1-minute rest)
- **Advanced:**
 - 30-minute run at moderate pace
 - 15-minute hill sprints (30 seconds sprint, 1-minute walk)

Swimming

- **Beginner:**
 - 2 laps freestyle
 - 2 laps breaststroke
 - 2 laps backstroke
 - **Intermediate:**
 - 5 laps freestyle
 - 5 laps breaststroke
 - 2 laps butterfly stroke
 - **Advanced:**
 - 10 laps freestyle
 - 5 laps butterfly stroke
 - 5 laps mixed strokes (freestyle, breaststroke, backstroke)
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Pilates

- **Beginner:**
 - 5-minute warm-up: Pelvic Curl and Chest Lift
 - 5-minute Hundred Exercise
 - 5-minute Leg Circles
 - **Intermediate:**
 - 10-minute Plank to Leg Lift
 - 10-minute Roll-Up and Spine Stretch
 - 10-minute Side Kicks
 - **Advanced:**
 - 15-minute Advanced Plank Variations
 - 15-minute Open Leg Rocker
 - 15-minute Teaser to Side Bends
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Boxing

- **Beginner:**
 - 1-minute shadow boxing
 - 1-minute jab-cross combinations
 - 1-minute rest (repeat for 3 rounds)
 - **Intermediate:**
 - 2-minute heavy bag workout (jabs, hooks, uppercuts)
 - 1-minute rest (repeat for 5 rounds)
 - **Advanced:**
 - 3-minute high-intensity bag work
 - 1-minute rest (repeat for 8 rounds)
 - 5-minute focus mitts drills
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Dance

- **Beginner:**
 - 5-minute basic dance steps (e.g., Salsa, Zumba)
 - 10-minute slow choreography
- **Intermediate:**
 - 20-minute energetic dance routine (e.g., Hip Hop, Bollywood)
 - 10-minute core strengthening with dance movements
- **Advanced:**
 - 30-minute high-energy dance choreography
 - 15-minute freestyle dancing for cardio