Information about the FitnessApp website

What is the website for?

The website helps the users to discover their fitness potential with the workouts listed below:

1. Yoga
2. Swimming
3. Abs Smash
4. Walking fitness
5. Belly burner
6. Dance fitness
7. HRX Fitness
8. Core conditioning
9. Gym tutorials
10. Headspace
11. Mindfulness-based stress reduction (MBSR)

Below is a detailed description about these workouts.

**YOGA**

Instructors: Anvita & Tejashree

Tutorial time: 30-minute gentle yoga session

What is tutorial about: Focuses on asana alignments, breathing techniques and mindfulness

Achievement: Strengthen core, building endurance, and enhance agility through targeted poses

Main Practises:

1. Vayunishkasana
2. Surya namaskar – 3 rounds
3. Ardha uttanasana and ardh utkatasana
4. Anjaneyasana lateral stretch
5. Eka pada adho mukha – knee to elbow
6. Parivrtta janu shrishasana
7. Supta dandasana and pada sanchalanasana

**SWIMMING**

Benefits of swimming:

1. Low impact: There's no ground impact when you swim, protecting your joints from stress and strain. Water aerobics classes are also desirable for this reason because even if you jump and hit the bottom of the pool, you do so with less force due to buoyancy.
2. Can be continued for a lifetime: Because there's no impact on swimming, it can be continued for a lifetime. Swimming is an exercise that benefits people of all ages and fitness levels.
3. Builds muscle mass: In a study of men who completed an eight-week swimming program, there was a 23.8% increase in the triceps muscle (the back of the arm).
4. Builds cardiorespiratory fitness: Swimming improves endurance. In one study of sedentary middle-aged men and women who did swim training for 12 weeks, maximal oxygen consumption improved by 10%, and stroke volume (the amount of blood pumped with each heartbeat, indicating heart strength) improved by 18%.

**ABS SMASH**

Main practices:

1. Plank
2. Single-leg Romanian deadlift
3. Squats
4. Overhead presses
5. Deadlifts
6. Push ups
7. Pull ups

**WALK FITNESS**

How to plan your walk or how to gain the most from your walking fitness:

1. Explore your environment on foot. Notice what is going on around you and you'll find you never really walk the same way twice. There are always new things to see.
2. Find pleasant places to walk, like walking paths, greenways, and pedestrian streets
3. Bring along your family and friends. Walking together is a great way to connect with others.
4. Walk instead of driving for a few trips each week. Walk part of your commute to work or school. Leave the car behind or get off a stop early on public transit
5. Try a charity walk to raise money for a cause. Put your steps to good use.

How long is the walk fitness plan: 4 weeks

**BELLY BURNER**

Main practices:

1. Mountain climbers
2. Burpees
3. Turkish get-up
4. Medicine ball burpees
5. Sprawls
6. Side to side slams
7. Russian twists

**DANCE FITNESS**

Plan duration: 28 days

Dance workouts:

1. Zumba dancing
2. Bollywood dancing
3. Hula hoop dancing
4. Salsa

**HRX FITNESS**

What it is: It is a workout plan based on the Bollywood star, Hritik Roshan.

Focus: Works your shoulders, quads, core, traps and deltoid muscles

Who is it for: People of all age groups

Movement types:

1. Primal movements
2. Zero momentum reps
3. Compound movements

**CORE CONDITIONING**

Main practices:

1. Plank
2. Reverse crunch
3. Bird dog crunch
4. Glute bridge
5. Russian twist

**GYM**

Fitness plan duration: 4 weeks

Focus areas:

1. Chest and triceps
2. Back and biceps
3. Legs and abs
4. Back and shoulders

**HEADSPACE**

Duration of the plan: 4 weeks

Achievements:

1. Reject negative conditioning
2. Stop over-listening to our inner voice
3. Judge yourself less
4. Allows kindness and sympathy
5. Openness to surface
6. Nurture self-compassion and emotional balance

**MBSR**

Fitness plan duration: 4 weeks

What it is: Meditation approach designed for stress management.

Benefit: MBSR provides holistic, non-pharmacological path to improved mental and physical health