

## Harjot Thandi | List Of workouts and Combos

Workout	GIF	Muscle Groups
TRICEP DIPS	Done	ARMS
Inch worms	Done	ARMS
Plank Push Up	DONE	ARMS
Plank Walk	Done	ARMS
Extended plank hold	Done	ARMS
Situps	Done	Abs
Plank	Done (same Gif used)	Abs
Russian Twists	Done	Abs
V sitt	Done	Abs
Bicycle crunch	Done	Abs
Squats	Done	Legs
Lunges	Done	Legs
Flutter Kicks	Done	legs
Calf raises	Done	legs
Run on the spot	Done	legs
PIKE PUSH-UP	Done	CHest
DIVE-BOMBER PUSH-UP	Done	CHest
Shoulder taps	Done	CHest
Wlde grip pushup	Done	CHest
Elevated pushup	DONE	CHest
BURPEES	Done	CARDIO
Jumping Jacks	Done	CARDIO
Mountain climbers	Done	CARDIO
High knees	Done	CARDIO
Reverse Kick Lunge	DONE	CARDIO

#### COMBO 1

Inch worms (arms)

Plank (abs)

Lunges (legs)

Dive-bomber pushup (chest)

Mountain climbers (cardio)

#### COMBO 2

Tricep dips (arms)

V-sitt (abs)

Flutter Kicks(legs)

Decline pushups (chest)

Burpees (cardio)

#### COMBO 3

Walk ins (arms)

Situps (abs)

Squats (legs)

Incline pushups (chest)

High intensity interval training (HIIT) sprints (cardio)

#### COMBO 4

Crab crawl (arms)

Bicycle crunch (abs)

Run on the spot (legs)

Shoulder taps (chest)

Jumping Jacks (cardio)

#### COMBO 5

Extended plank hold (arms)

5 Inches (abs)

Calf raises (legs)

Wide grip pushup (chest)

High knees (cardio)