

## Harjot Thandi | List Of workouts and Combos

5 each

Workout	Alternative	Reps till fail	Muscle Groups	Overlapping
Close grip Pushups		USING TIMER NOT REPS	ARMS	Yes with chest
TRICEP DIPS			ARMS	
Inch worms			ARMS	
Crab crawl			ARMS	
Walk Ins			ARMS	
Extended plank hold			ARMS	
Situps			Abs	
Plank			Abs	
5 Inches			Abs	
V sitt			Abs	
Bicycle crunch			Abs	
Squats			Legs	
Lunges			Legs	
Flutter Kicks			legs	
Calf raises			legs	
Run on the spot			legs	
PIKE PUSH-UP			CHest	
DIVE-BOMBER PUSH-UP			CHest	
Shoulder taps			CHest	
Wide grip pushup			CHest	
Elevated pushup			CHest	
BURPEES	Take a break in between		CARDIO	

Jumping Jacks			CARDIO	
Mountain climbers			CARDIO	
High knees			CARDIO	
Front Kick Lunge			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)

Arms - Close pushups

Legs

Chest

Core

Cardio

HIIT

CIRUITs