

BASIC CHART

DAY 1

Warm up + Suryanamaskar + Cardio (10 min)

1. Knee push up
2. Pee deek
3. Front lat pull down
4. Seated row
5. D/B Shoulder press
6. D/B side lateral row
7. D/B curl
8. Hammer curl
9. D/B over head extension
10. Back Push ups

3*10

Plank, Side plank, catcamel, bridge, stretching (20 sec 3 times)

DAY 2

Warm up + Suryanamaskar + Cardio (10 min)

1. Jumping jack
2. High knee jack
3. Spot jump / jumping squad
4. Front kicks
5. Ball over head side bending
6. Mountain climbing
7. Stream engine

3*10

Plank, Side plank, cool down (20 sec 3 times)

DAY 3

Warm up + Suryanamaskar + Cardio (10 min)

1. Free squat
2. D/B squat
3. Sumo D/B squat
4. Leg extension
5. Leg curling
6. Calf raise

3*10

Plank, Side plank, cobra stretching (20 sec 3 times)