

BEGINNER LEVEL-1

DAY-1

TRAINING DURATION-1 month-2 month

EXERCISE

TIME

REP

SET

Cross trainer/spinning cycle

15min

Warmup

10-15min

Supportive(wall) push-up

10

3

Stick movement

15

3

Back extension

10

3

Dead hangs

15sec

3

Cool down spinning/treadmill

10min

WARMUP-Neck rotation,wrist rotation,shoulder rotation,knees rotation, ankle rotation,forward bend,toe touch alternate

STICK MOVEMENT- Forward bend,side rotation



BEGINNER
LEVEL-1

DAY-2

TRAINING DURATION-1 month-2 month

EXERCISE	TIME	REP	SET
Cross trainer	15min		
Treadmill	15min		
Warmup	10-15min		
Crunches		20	3
Sit ups		20	3
Leg raises		20	3
Cross trainer/spinning cycle	15min		

WARMUP-Neck rotation,wrist rotation,shoulder rotation,knees rotation, ankle rotation,forward bend,toe touch alternate



BEGINNER LEVEL-1

DAY-3

TRAINING DURATION-1 month-2 month

EXERCISE	TIME	REP	SET
Warmup	10-15min		
Side leg raises		20	3
Squats		10	3
Sumo squats		10	3
Supportive lunges		10	3
Cool down	15min		

WARMUP-Neck rotation, wrist rotation, shoulder rotation, knees rotation, ankle rotation, forward bend, toe touch alternate

Cool-down-spinning/treadmill/crosstrainer



**BEGINNER
LEVEL-1**

DAY-4

TRAINING DURATION-1 month-2 month

SET

Cross trainer/spinning cycle	15min		
Warmup	10-15min		
Supportive(wall) push-up		10	3
Stick movement		15	3
Back extension		10	3
Dead hangs	15sec		3
Cool down spinning/treadmill	10min		

WARMUP-Neck rotation, wrist rotation, shoulder rotation, knees rotation, ankle rotation, forward bend, toe touch alternate

STICK MOVEMENT- Forward bend,side rotation



BEGINNER LEVEL-1

DAY-5

TRAINING DURATION-1 month-2 month

EXERCISE	TIME	REP	SET
Cross trainer	15min		
Treadmill	15min		
Warmup	10-15min		
Crunches		20	3
Sit ups		20	3
Leg raises		20	3
Spinning cycle	15min		

WARMUP-Neck rotation, wrist rotation, shoulder rotation, knees rotation, ankle rotation, forward bend, toe touch alternate



BEGINNER LEVEL-1

DAY-6

TRAINING DURATION-1 month-2 month

EXERCISE

TIME

REP

SET

Warmup

10-15min

Side leg raises

20

3

Squats

10

3

Sumo squats

10

3

Supportive lunges

10

3

Cool down

15min

WARMUP-Neck rotation,wrist rotation,shoulder rotation,knees rotation, ankle rotation,forward bend,toe touch alternate

Cool-down-spinning/treadmill/crosstrainer

