

21 days holistic Transformation challenge

Day 1 - 3

Warm up 10mins

10 reps each

(arms rotation, wrist rotation, legs swing front & side, neck rotation, torso rotation, knee circle, side toe touch, cat cow, side bend)

Workout

2 sets per exercise

Jumping jacks 20 Reps

High knee 20 reps

Knee supported push ups 10-12 reps

Supported squats 10-12 reps

Bridges 15 reps

Superman 12-15 per side

Leg raises 12-15 per leg

Cardio

15mins walking / cycling / slow run

Stretches

5 mins full body Stretching

(spinal rotation, butterfly sit, cobra, down dog, deep lunge, child pose, triceps stretch, shoulder stretch, quads stretch, neck stretch, hamstring stretch, chest, Spine twist, knee to chest, hero pose)

Target to do 5000 steps in a day.

Day 4 - 6

Warm up 10mins

10 reps each

(arms rotation, wrist rotation, legs swing front & side, neck rotation, torso rotation, knee circle, side toe touch, cat cow, side bend)

Workout

2 sets per exercise

Knee supported push ups 12-15 reps

Supported squats 12-15 reps

Superman 15 per side

Leg raises 15 per side

Jumping jacks 40 reps

High knee 40 reps

Bridges 20 reps

Mountain climbers 20 reps

Cardio

20mins walking / cycling / slow run

Stretches

5 mins full body Stretching

(spinal rotation, butterfly sit, cobra, down dog, deep lunge, child pose, triceps stretch, shoulder stretch, quads stretch, neck stretch, hamstring stretch, chest, Spine twist, knee to chest, hero pose)

Target to do 6000 steps in a day

Day 7 - 9

Warm up 10mins

10 reps each

(arms rotation, wrist rotation, legs swing front & side, neck rotation, torso rotation, knee circle, side toe touch, cat cow, side bend)

Workout

2 sets per exercise

Superman 20 per side

Leg raises 20 per side

Crunches 15 reps

Jumping jacks 50 reps

High knee 50 reps

Mountain climbers 30 reps

Knee supported push ups 15-20 reps

Supported squats 15-20 reps

Sit ups 15 reps

Cardio

20mins walking / cycling / slow run

Stretches

5 mins full body Stretching

(spinal rotation, butterfly sit, cobra, down dog, deep lunge, child pose, triceps

stretch, shoulder stretch, quads stretch, neck stretch, hamstring stretch, chest, Spine twist, knee to chest, hero pose)

Target to do 8000 steps in a day

Day 10 - 13

Warm up

10 reps each

(arms rotation, wrist rotation, legs swing front & side, neck rotation, torso rotation, knee circle, side toe touch, cat cow, side bend)

Workout

2 sets per exercise

Push ups 15 Reps

Squats 15-20 Reps

Planks 1 min hold

Burpees 10

Cruches 15 Reps

Bomb driver (jor) 10 Reps

Mountain climbers 40 reps

Triceps dips 15 reps

Cardio

20mins Running / cycling / steps

Stretches

10 mins full body Stretching

(spinal rotation, butterfly sit, cobra, down dog, deep lunge, child pose, triceps stretch, shoulder stretch, quads stretch, neck stretch, hamstring stretch, chest, Spine twist, knee to chest, hero pose)

Target to do 8000 steps in a day

Day 14 - 17

Warm up

10 reps each

(arms rotation, wrist rotation, legs swing front & side, neck rotation, torso rotation, knee circle, side toe touch, cat cow, side bend)

Workout

2 sets per exercise

Push ups 15 Reps

Squats 20 Reps

Planks 1 min hold

Burpees 10

Cruches 15 Reps

Bomb driver (jor) 10 Reps

Lunges 10 per side 20 reps

Mountain climbers 30 reps

High knee 50

Jumping jacks 50

Triceps dips 15 reps

Superman 30 reps

Cardio

15 mins Running / steps

Stretches

10mins full body Stretching

(spinal rotation, butterfly sit, cobra, down dog, deep lunge, child pose, triceps stretch, shoulder stretch, quads stretch, neck stretch, hamstring stretch, chest, Spine twist, knee to chest, hero pose)

Target to do 10,000 steps in a day

Day 18 - 21

Warm up

10 reps each

(arms rotation, wrist rotation, legs swing front & side, neck rotation, torso rotation, knee circle, side toe touch, cat cow, side bend)

Workout

2 sets per exercise

Mountain climbers 30 reps

Bomb driver (jor) 15 Reps

Push ups 15 Reps

Cruches 15 Reps

Planks 1 min hold

Lunges 10 per side 20 reps

Squats 20 reps

High knee 50
Jumping jacks 50
Leg raises 30 reps
Triceps dips 15 reps
Burpee 15 reps

Cardio

15 mins Running / steps

Stretches

10mins full body Stretching
(spinal rotation, butterfly sit, cobra, down dog, deep lunge, child pose, triceps stretch, shoulder stretch, quads stretch, neck stretch, hamstring stretch, chest, Spine twist, knee to chest, hero pose)

Target to do 10,000 steps in a day.