

## Daily Exercise Routine

This routine is designed to aid in recovery and improve overall fitness. The exercises focus on bodyweight movements and are structured to be completed in 15 minutes or less in the mornings, with an additional 10-15 minute session every couple of days after lunch. Avoid exercises on Sundays.

### Morning Routine (15 minutes or less)

Warm-Up (2 minutes)

#### **Arm Circles**

Stand with your feet shoulder-width apart. Extend your arms out to the sides at shoulder height. Make small circles with your arms, gradually increasing the size. Do this for 30 seconds forward, then reverse the direction for 30 seconds.

Video Demonstration: <https://www.youtube.com/watch?v=CnVQ8G0RzDo>

#### **Marching in Place**

Stand with your feet hip-width apart. Lift your knees high, alternating legs as if marching. Swing your arms naturally with each step. Continue for 1 minute.

Video Demonstration: [https://www.youtube.com/watch?v=7LIsVL\\_1VKY](https://www.youtube.com/watch?v=7LIsVL_1VKY)

### Main Exercises (12 minutes)

#### **Bodyweight Squats**

Stand with your feet shoulder-width apart, toes slightly turned out. Lower your body by bending your knees and pushing your hips back as if sitting in a chair. Keep your chest up and back straight. Go down until your thighs are parallel to the ground, then return to standing. Do 2 sets of 10-15 reps.

Video Demonstration: <https://www.youtube.com/watch?v=acIHkVaku9U>

#### **Wall Push-Ups**

Stand facing a wall, about an arm's length away. Place your hands on the wall at shoulder height and shoulder-width apart. Bend your elbows and lean your body towards the wall, keeping your body in a straight line. Push back to the starting position. Do 2 sets of 8-12 reps.

Video Demonstration: <https://www.youtube.com/watch?v=0Yv-Tb1jGJc>

### **Bird Dogs**

Start on all fours with your hands under your shoulders and knees under your hips. Extend your right arm forward and your left leg back, keeping them parallel to the ground. Hold for a moment, then return to the starting position. Repeat with the opposite arm and leg. Do 2 sets of 10 reps per side.

Video Demonstration: <https://www.youtube.com/watch?v=wiFNA3sqjCA>

### **Glute Bridges**

Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Press through your heels to lift your hips towards the ceiling, squeezing your glutes at the top. Lower back down to the starting position. Do 2 sets of 10-15 reps.

Video Demonstration: <https://www.youtube.com/watch?v=wPM8icPu6H8>

### **Standing Side Leg Raises**

Stand with your feet hip-width apart, hands on your hips or holding onto a chair for support. Lift your right leg out to the side, keeping it straight. Lower it back down with control. Repeat on the left side. Do 2 sets of 10-12 reps per side.

Video Demonstration: <https://www.youtube.com/watch?v=ZY3H4n9Vq5g>

### **Plank**

Start in a push-up position with your body in a straight line from head to heels. Hold this position, engaging your core and keeping your back flat. Modify to your knees if needed. Hold for 20-30 seconds. Do 2 sets.

Video Demonstration: <https://www.youtube.com/watch?v=pSHjTRCQxIw>

Cool Down (1 minute)

## **Standing Quad Stretch**

Stand on one leg, holding onto a wall or chair for balance. Grab your right ankle and pull your heel towards your buttocks. Hold for 30 seconds, then switch to the left leg.

Video Demonstration: <https://www.youtube.com/watch?v=zYbLAtORt2E>

## **After-Lunch Session (10-15 minutes, Tuesday, Thursday, and Saturday)**

Warm-Up (2 minutes)

### **Gentle Walking**

Walk around your space at a moderate pace to get your blood flowing. Do this for 1-2 minutes.

### **Main Exercises (10 minutes)**

#### **Lunges**

Stand with your feet together. Step forward with your right leg and lower your body until your right thigh is parallel to the ground and your left knee nearly touches the floor. Push back to the starting position. Repeat with the left leg. Do 2 sets of 10 reps per leg.

Video Demonstration: <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

#### **Knee Push-Ups**

Start in a push-up position, but with your knees on the ground. Lower your body until your chest nearly touches the floor. Push back up to the starting position. Do 2 sets of 8-12 reps.

Video Demonstration: <https://www.youtube.com/watch?v=bB9x2m0oN1w>

#### **Superman**

Lie face down on the floor with your arms extended in front of you. Lift your arms, chest, and legs off the ground simultaneously, squeezing your lower back. Hold for a moment, then lower back down. Do 2 sets of 10-15 reps.

Video Demonstration: <https://www.youtube.com/watch?v=cc6UVRs7PW4>

### **Russian Twists**

Sit on the ground with your knees bent and feet flat on the floor. Lean back slightly and lift your feet off the ground.

Clasp your hands together and twist your torso to the right, then to the left, to complete one rep. Do 2 sets of 15 reps per side.

Video Demonstration: <https://www.youtube.com/watch?v=wkD8rjkodUI>

### **Cool Down (1 minute)**

#### **Seated Forward Bend**

Sit on the floor with your legs extended straight in front of you. Reach forward towards your toes, keeping your back straight. Hold for 30 seconds.

Video Demonstration: <https://www.youtube.com/watch?v=t3V6C4ezq7I>