HI,

I hope you are doing well and recovered from the soreness of last week's workouts. but in order to grow, burn Fat, and gain muscles. we have to bump up the Lil bit intensity of the program.

so, we are following this week 2 as I described below

**Week 3 Day 1**

Today is your TEST Day, and make sure you are going to give your 200% in that 1 minute.

Below is the link to the body Fit Test.

**BODY FIT TEST**

[https://youtu.be/-HvCDiqans0](https://youtu.be/-HvCDiqans0" \t "_blank)

and after the test, do send me your results. I am waiting for your score sheet. today eve I'll see all the sheets and will revert to you.

**Week 3 Day 2**

Today is a **Good to Take Mentally and Physically Rest and stretch :D**

**today we have 20 minutes of a full-body stretching session. and you are supposed to repeat it one more time.**

Full-Body Stretching

<https://youtu.be/Xeeg8HDVzg8>

**Week 3 Day 3**

So, today I want you to realize how things are being easy for you, and we are gonna **repeat** our **No Jump Cardio Day.** all the exercises will be the same but the **repetitions should be higher and higher. mean you have to have to perform better than before.**

as I asked u in the video I hope you have noted the last session reps and today your target is to beat yourself in the session.

**No Jump Cardio**

<https://youtu.be/DvNS4ERcGWc>

**4 circuit will Be the Same**.

Today I want you to **push Lil bit harder than before** and score the good number. because **I am going to increase the intensity of the program from next week.** so, this week give your super best and do your super best.

**Week 3 Day 4**

today, we are gonna **repeat** our **HIIT Cardio and ABs.** all the exercises will be the same but the **repetitions should be higher and higher. mean you have to have to perform better than before.**

as I asked u in the video I hope you have noted the last session reps and today your target is to beat yourself in the session.

**HIIT Cardio and Abs**

[https://youtu.be/PTfSvvtvifE](https://youtu.be/DvNS4ERcGWc)

**Week 3 Day 5**

Today is a **Good to Take Mentally and Physically Rest.**

But Rest is not sitting on the sofa eating all day long. still, we are going to make sure we are going to do any of the exercises given below for one hr long.

**1. Run**

**2. Rope Skipping**

**3. Stairs Up & Down**

**4. Cycling**

**5. incline Brisk Walk**

and you have to make sure you are going to **take a minimum rest time in 1 hr. and keep hydrated in the session. drink water whenever you feel like. but drinking water shouldn't make you sit. I want you to do a full 1 hr super active today.**

**Week 3 Day 6**

today i am increasing the intensity lil bit. and i want you to give 200% of your efforts

as I asked u in the video I hope you have noted the last session reps and today your target is to beat yourself in the session.

**Lower Bod Work - 02**

<https://youtu.be/Ub3vQ-oRZHA>

**Week 3 Day 7**

Today is a **Good to Take Mentally and Physically Rest.**

So, Full Day Rest.

I want you to **push Lil bit harder than last week** and score the good number. and don't forget

**there is only two secrets to success.**

**1. Start**

**2. Don't Quit.**

Enjoy guys and give you maximum efforts

i'll mail you next 2 weeks in next. 1-2 days

**Best Of Luck**

Regards

Coach Nikk

Founder & Head Coach

Nikk Fit World

***P.S: This Youtube Link is a private. DO NOT share it with anyone else. We are Working on our own platform, soon it'll be ready. till then Please co-operate with us.***