**Good Morning,**

Welcome to my **Home Fitness Program.** 😊😊 I am sooooo much happy, my members are liking the program and messaging me with super awesome feedback.

Here is the **First Week of the 30 Days Program.**

Please **start the program** with **Day 1** which is The **BODY FIT TEST**.

and please do mind these meals I mentioned below.

**Pre Workout Meal: Before you start workout please have any fruit, half bowl of oats, boiled potato with curd, one single bread slice, at least 30-40 min prior to the workout.**

Click on the link below and start your fitness journey with me. and read the description in the video carefully before you start.

**Day 1 BODY FIT TEST**

👇👇

<https://youtu.be/-HvCDiqans0>

**Day 2 UPPER BOD WORK**

👇👇

<https://youtu.be/w-cT6R6Cwl0>

**Day 3 NO JUMP CARDIO**

👇👇

<https://youtu.be/DvNS4ERcGWc>

**Day 4 ACTIVE REST DAY**

👇👇

<https://youtu.be/2De-SVW1BIE>

**Day 5 HIIT CARDIO AND ABS**

👇👇

<https://youtu.be/PTfSvvtvifE>

**Day 6 Lower Bod Work**

👇👇

<https://youtu.be/DTI4WAWOvDI>

**Day 7 will be Complete Rest Day**

👇👇

**Recover physically and mentally, and prepare your mind to hit harder than before next week.**

**Post Workout Meal: You can have some boiled or stir fry sprouts, paneer, a glass of milk, egg whites, or whey protein shake.**

Do let me know how you are feeling after your workout by messages, email, or comment in the video. Enjoy guys and give you maximum efforts. coz as we all know

**NO GUTS, NO GLORY**💪**.**

**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.***