**Good Morning,**

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 2 Day 1**

we are going to **repeat** our **Upper Bod Day.** all the exercises will be same but the **repetitions and sets will be changed** as mentioned below.

**UPPER BOD WORK**

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

**warm-up and mobility exercises will be the same but.**

Knee Push-ups/ Push-ups  -  **15 Reps   -   4 sets**

Stationary Run  -  **50 Steps   -   4 Sets**

Inch Worm   -   **6 Reps  -   3 Sets**

Half Jacks  -  **50 Reps   3 Sets**

**5 Min Circuit will Be Same**

Rest the whole workout will be the same.

**Week 2 Day 2**

today we are going to **repeat** our **No Jump Cardio Day.** all the exercises will be the same but the **repetitions should be higher. mean you have to have to perform better than before.**

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**.

**Week 2 Day 3**

Today we are going to **repeat** our **HIIT & Core Work** all the exercises will be the same but the **repetitions per minute in the 10 minute round should be higher. Mean you have to, have to perform better than before.**

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

**Your real competition is YOU**. you have to beat yourself in order to grow **Strong and get fit.**

**HIIT Cardio & Core Work**

<https://youtu.be/PTfSvvtvifE>

**Week 2 Day 4**

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 2 Day 5**

today we are going to **repeat** our **Lower Bod Work** all the exercises will be the same but the **repetitions in Circuit Rounds round should be higher. Mean you have to, have to perform better than before.**

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

**Your real competition is YOU**. you have to beat yourself in order to grow **Strong and get fit.**

**LOWER BOD WORK**

<https://youtu.be/DTI4WAWOvDI>

**Week 2 Day 6**

today we are going to **repeat** our **No Jump Cardio Day.** all the exercises will be the same but the **repetitions should be 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>

**Week 2 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

**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.***