**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/kM4o_jJH65o>

**Day 2 UPPER BOD WORK**

👇👇

<https://youtu.be/oOPmGmRXZjA>

**Day 3 Pure Cardio**

👇👇

<https://youtu.be/U9z3Gi0ePBU>

**Day 4 ACTIVE REST DAY**

👇👇Do brisk walking for 45 mins

**Day 5 Complete rest day**

**Day 6 Core, Cardio & Stretch**

👇👇

<https://youtu.be/_BP6OfMY4r4>

**Day 7 will be Active Rest Day**

👇👇

**Week 2**

**Day 1 Lower Body Day**

👇👇

<https://youtu.be/zVcrHVQj63Q>

**Day 2 Pure Cardio**

👇👇

<https://youtu.be/U9z3Gi0ePBU>

**Day 3 Full Body Work**

👇👇

<https://youtu.be/pb7xOrkgE7o>

**Day 4 Back Stretching**

👇👇<https://youtu.be/UdO0wW95qhg>

**Day 5 Full Body Work 2**

👇👇

<https://youtu.be/Keerznldxfg>

**Day 6 pure cardio 2**

👇👇

<https://youtu.be/y4kspPk_RKI>

**Day 7 will be Active Rest Day**

👇👇

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

**Week 3**

**Day 1 Upper Body**

👇👇

<https://youtu.be/oOPmGmRXZjA>

**Day 2 Core, Cardio & Stretch**

👇👇

<https://youtu.be/_BP6OfMY4r4>

**Day 3 Lower Body**

👇👇

<https://youtu.be/zVcrHVQj63Q>

**Day 4 Back Stretching**

👇👇<https://youtu.be/UdO0wW95qhg>

**Day 5**

👇👇

**Active Rest Day**

**Day 6 Full Body Work**

👇👇

<https://youtu.be/pb7xOrkgE7o>

**Day 7 Complete Rest Day**

👇👇

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

**Week 4**

**Day 1 pure cardio 2**

👇👇

<https://youtu.be/y4kspPk_RKI>

**Day 2 Full Body Work**

👇👇

<https://youtu.be/pb7xOrkgE7o>

**Day 3 Lower Body**

👇👇

<https://youtu.be/zVcrHVQj63Q>

**Day 4 Back Stretching**

👇👇<https://youtu.be/UdO0wW95qhg>

**Day 5 Upper Body**

👇👇

<https://youtu.be/oOPmGmRXZjA>

**Day 6 Full Body Work 2**

👇👇

<https://youtu.be/Keerznldxfg>

**Day 7**

Complete Rest Day

**Day 29 Day Core, Cardio & Stretch**

👇👇

<https://youtu.be/_BP6OfMY4r4>

**Final Day BODY FIT TEST**

👇👇

<https://youtu.be/kM4o_jJH65o>

**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.***