**Day 1: Cardio + Core**

* Jump rope or brisk walk/jog for 20-30 minutes
* 3 sets of:
  + 20 squats
  + 20 lunges (each leg)
  + 30-second plank

**Day 2: Upper Body Strength**

* 3 sets of 10-15 wall or incline push-ups
* 3 sets of 12-15 dumbbell or resistance band shoulder presses
* 3 sets of 12-15 dumbbell or resistance band bicep curls

**Day 3: Rest or Active Recovery**

* Light stretching or yoga
* Optional: 20-minute walk or leisurely bike ride

**Day 4: Cardio + Lower Body**

* Jump rope or cycling for 20-30 minutes
* 3 sets of:
  + 20 squats
  + 20 lunges (each leg)
  + 15 glute bridges

**Day 5: Full Body Strength**

* 3 sets of 10-15 knee push-ups or incline push-ups
* 3 sets of 15 bodyweight squats
* 3 sets of 12-15 leg raises
* 3 sets of 20 Russian twists (each side)

**Day 6: Cardio + Core**

* HIIT workout or 20-minute jog
* 3 sets of:
  + 20 mountain climbers
  + 30-second plank
  + 10-15 flutter kicks

**Day 7: Rest or Active Recovery**

* Light stretching or yoga

YE RUTH HOTSPOT PASSWORD=group@02

**Basic Needs of Life in Ethiopia**

Ethiopia, a country rich in cultural heritage and natural resources, faces significant challenges in meeting the basic needs of its population. These needs—food security, health care, education, and a safe and healthy environment—are critical for the well-being and development of its citizens. Addressing these issues is essential for fostering sustainable growth and improving the quality of life across the nation.

Food security is a pressing concern in Ethiopia, where a large portion of the population relies on subsistence farming. Despite being one of Africa's largest agricultural producers, the country frequently suffers from food shortages due to drought, climate change, and conflict. Initiatives like the Productive Safety Net Program (PSNP) have been introduced to provide food assistance to vulnerable households. However, challenges such as limited access to markets and modern farming techniques hinder efforts to achieve lasting food security.

Access to health care is another critical area needing attention. While Ethiopia has made progress in improving maternal and child health, significant disparities exist between urban and rural populations. Many rural areas lack adequate health facilities and trained personnel, which affects health outcomes. The Health Extension Program aims to provide basic health services at the community level, yet issues like funding shortages and high disease burdens from communicable diseases remain prevalent. Ensuring equitable access to quality health care is vital for the country's overall health and development.

Education plays a fundamental role in empowering individuals and fostering economic growth. Although enrollment rates in primary education have improved, challenges such as high dropout rates and inadequate infrastructure persist, especially in rural regions. The government has prioritized education but must also address the quality of learning and align curricula with job market needs. Investing in education is crucial for equipping the youth with the skills necessary for a changing economy.

Finally, a safe and healthy environment is essential for sustaining life. Ethiopia faces environmental challenges, including deforestation, soil erosion, and water scarcity, which threaten public health and livelihoods. Urban areas are grappling with pollution and inadequate waste management. Efforts to promote environmental conservation and improve water and sanitation infrastructure are vital for enhancing public health. By addressing these interconnected needs, Ethiopia can pave the way for a healthier, more equitable future, fostering resilience and sustainable development for its citizens.