**Workout Structure (Page)**

Weat **Fit Valley,** cater to different variations of workouts for all age groups, 15 years and above including the special population group.

**We offer 6 variations of exercises from Monday to Friday (Saturday optional).**

**Cardio Training**: This helps you to grow stamina by increasing the cardiac output of your heart. By pursuing this kind of training you can maintain a good heart condition and enhance the efficiency of your cardiac muscles.

**Body Weight Training**: Body weight training helps you to improve on your overall strength, stability and mobility of the body. It has been observed that practicing body weight training helps you to grow more lean muscle mass which is very important for maintaining a good overall structure of your body.

**Isometric Training**: By practicing this kind of exercise consistently a person can lose fat drastically and tone up the muscles much faster.

**Kickboxing /MMA**: These are basically combat sports which we will practice at the **FIT MONK** to keep our fitness levels up and running. This helps improve the combat skills and increases the overall alertness of an individual when they are out in the streets facing any trouble.

**Yoga**: We do Yoga stretching on Saturdays. This increases the overall flexibility, strength and stamina of an individual. However, this is only done in the morning sessions, as we are closed for the second half of the day on Saturdays.

**Special Population Training:**Before we proceed with the training details, let's define the term 'Special Population'. This term has been coined by the fitness experts to refer those set of fitness enthusiasts, who due to some unavoidable circumstances, cannot go through the above mentioned exercise variations or are unable to carry on with high intensity training but can achieve their fitness goals through a specially designed exercise regime.

But guess what! No one gets left out with the **Fit Monk. We have kept an exclusive session for those who come under this bracket.**We have designed some exclusive workouts for this set of ambitious fitness enthusiasts who still want to fight the odds and want to regain their mobility.

Below you will find the sample exercises of all the variations where we make our client go through as per its various stages. Starting at basic level, they slowly graduate to intermediate and then to the advanced level.

                                                            Basic                                                     Intermediate                                                      Advance

Cardio/Body weight training               Squat  (video You tube link)           Jog + Punch  (video You tube link)           Mountain climbers (video You tube link)

Isometric  training                                  Low  Plank                                                  High Plank                                                 Advance Side Plank

KickBoxing / MMA                           Jab + Cross+Hook +Uppe Cut                    Snap Kick + Rear Kick                          Inward block + Side fist Punch

                                                              (video You tube link)                                    (video You tube link)                                     (video You tube link)

Yoga moves                                         Bhujangasana                                            Ustrasana                                                       DhanurAsana

For the Special Population, here are some of the exercise moves you can refer to from the below video links. These are some of the most effective calorie/fat burning exercises you will come across.

1. Standing Crunch.-  (video You tube link)

2. Cross bending.-  (video You tube link)

3. Cross body knee-  (video You tube link)

4. Russian Twist-  (video You tube link)

5.Single leg raise.-  (video You tube link)

6. Seated Leg curls-  (video You tube link)

Regards

the FIT MONK, Saptarshi.