



21  
min

# HOME WORKOUT FOR BUSY PEOPLE

No Equipment Needed!

**NO TIME**



**ALL ABOUT PRIORITY**

Short on time but want to stay fit? Here's a quick and effective **21-minute** workout you can do at home, no equipment required!

# WARM-UP (3 MINUTES)

Start with a quick warm-up to get your muscles ready



01

## JOG IN PLACE (1 MINUTE)

Moving your legs as if running, but remaining stationary.



02

## JUMPING JACKS (1 MINUTE)

Legs wide, raising hands overhead, then returning to feet together with arms at sides.



03

## ARM CIRCLES (30 SECOND EACH DIRECTION)

It involves extending your arms to the sides and drawing small circles in the air with your hands.

# CIRCUIT 1 (6 MINUTES)

Perform each exercise for 1 minute, then repeat the circuit once.



01

## SQUAT

Stand, lower hips until thighs are parallel to floor, then stand.



02

## PUSH-UP

Hands shoulder-width apart, lower chest to floor, push back up



03

## MOUNTAIN CLIMBERS

High plank, alternate driving knees to chest quickly.

# CIRCUIT 2 (6 MINUTES)

Perform each exercise for 1 minute, then repeat the circuit once.



01

## LUNGES

Step forward, lower hips until both knees are bent at 90 degrees, return.



02

## PLANKS

Elbows under shoulders, hold body in straight line from head to heels.



03

## HIGH KNEES

Jog in place, lifting knees to hip height quickly.

# CIRCUIT 3 (6 MINUTES)

Perform each exercise for 1 minute, then repeat the circuit once.



01

## BURPEES

Squat, hands on floor, jump feet back to plank, jump up.



02

## BICYCLE CRUNCHES

Lie down, hands behind head, alternate bringing opposite elbow to knee.



03

## SIDE PLANK (30 SECONDS EACH SIDE)

Lie on side, lift hips, hold body in straight line.

# COOL DOWN (3 MINUTES)

Finish with a cool-down to relax your muscles



01

**FORWARD FOLD STRECH (1 MINUTE)**

Stand, fold forward, touch toes.



02

**CAT COW STRECH (1 MINUTE)**

On all fours, arch and round back.



03

**CHILD POSE (1 MINUTE)**

Kneel, sit back on heels, stretch arms forward.



‘ I WANT  
DIET PLAN ’

# FOR PERSONALISED DIET PLAN

