

Beginner Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	- Breathing exercises upto 3 sets 10, 3-4 times a day	Cardio (Walking) Breathing exercises	- Breathing exercises upto 3 sets 10, 3-4 times a day	Cardio (Walking) Breathing exercises	- Breathing exercises upto 3 sets 10, 3-4 times a day	Cardio (Walking) Breathing exercises	Rest
Week 2	- Pelvic tilts (15) - Heel slides (10 each leg) - knee lifts (10 each leg) Breathing exercises	Cardio Breathing exercises	- Pelvic tilts (15) - Heel slides (10 each leg) - knee lifts (10 each leg) Breathing exercises	Cardio Breathing exercises	- Pelvic tilts (15) - Heel slides (10 each leg) - knee lifts (10 each leg) Breathing exercises	Cardio Breathing exercises	Rest
Week 3	- Wall sits (30 seconds) - Glute bridge (10) - side plank (15 secs each side) - Heel Slides (20 per heel) - Knee lifts (15 each leg) - Rotating Wall planks (5 - 10 each side) Breathing exercises	Cardio Breathing exercises	- Wall sits (30 seconds) - Glute bridge (10) - side plank (15 secs each side) - Heel Slides (20 per heel) - Knee lifts (15 each leg) - Rotating Wall planks (5 - 10 each side) Breathing exercises	Cardio Breathing exercises	- Wall sits (30 seconds) - Glute bridge (10) - side plank (15 secs each side) - Heel Slides (20 per heel) - Knee lifts (15 each leg) - Rotating Wall planks (5 - 10 each side) Breathing exercises	Cardio Breathing exercises	Rest

***** Do each set of exercises completely through 3 times *****