

## Aanchal Thakur Exercise Plan

Date	Exercise Level	Exercise Name
July 21	Cardio	Run 7-10 minutes and Gradually Increase the Time and Speed,
July 21	Flexibility	Rotating all Joints in the Body for 5 mnts. Neck Shoulder Wrist Hip Ankle. Bending of Body for 5 mnts. Stretching of Body for 5 minutes,
July 21	Strength	Bicep Curls - With dumbbells of suitable weight (8-10) Reps * 3 Sets,