

Deepti Nehra Exercise Plan

Date	Exercise Level	Exercise Name
July 21	Cardio	ClimB Stairs,2 Floors and Gradually Increase the Time and No of Stairs ,
July 21	Flexibility	Bending of Body for 7 mnts.,
July 21	Strength	Bicep Curls - With 1 Litre Water Bottle (5-7) Reps * 3 Sets,