

SRIHER FITNESS CLUB

FITNESS HOUR

Simple & scientific home based exercise program for staff & students



Oh, Dear Lockdown!

 **Exercise
Video links**
Available in
CSS
Youtube Channel

WEEKLY SCHEDULE

EXERCISE	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm-Up & Cardio	Spot Jogging (5 mins x 4 sets) Star Jump (5mins)	REST	Spot Jogging (5 mins)	Spot Jogging (5 mins)	Spot Jogging (5 mins x 4 sets) Star Jump (5mins)	Spot Jogging (5 mins)	Spot Jogging (5 mins)
STRENGTH <i>Each exercise (10reps x 2 sets)</i>	REST		Chair Squat Wall pushup Bridge Shoulder T's Prone Superman Chair Dip Bird dog Knee plank	Arm swings Stepups Cat Camel Shoulder Y's Wall Squat Toe touch Partial crunch Knee side plank	REST	Chair Squat Wall pushup Bridge Shoulder T's Prone Superman Chair Dip Bird dog Knee plank	Arm swings Stepups Cat Camel Shoulder Y's Wall Squat Toe touch Partial crunch Knee side plank
COOL DOWN STRETCHES <i>Each stretch (20-30 sec)</i>	Triceps Chest Back Hip Glutes Hamstring Calf		Triceps Chest Back Hip Glutes Hamstring Calf	Triceps Chest Back Hip Glutes Hamstring Calf	Triceps Chest Back Hip Glutes Hamstring Calf	Triceps Chest Back Hip Glutes Hamstring Calf	Triceps Chest Back Hip Glutes Hamstring Calf
BREATHING & MIND RELAXATION	Breathing Exercise - II (5 mins) Breathing Exercise III (2 mins x 5) Mind Relaxation Lying down 7 min	20 Minutes Guided Mind Relaxation (CALM App or Similar Apps)	Breathing Exercise - I (15 x 3 sets) 7 min Mind Relaxation Seated 7 min	Breathing Exercise - IV (50 x 2 sets) 30 sec gap between sets) Mind Relaxation Seated 7 min	Breathing Exercise - II (5 mins) Breathing Exercise - III (2 mins x 5) Mind Relaxation Lying down 7 min	Breathing Exercise - I (15 x 3 sets) 7 min Mind Relaxation Seated 7 min	Breathing Exercise - IV (50 x 2 sets) 30 sec gap between sets) Mind Relaxation Seated 7 min

Exercise, for a new you daily!

Have Fun!