

Your Workout Summary

Warmup Exercises:

HIP CIRCLES

Place hands on hips and rotate them in large circles clockwise and anticlockwise for even mobility.

JUMPING JACKS

Stand straight with feet together and arms by your side. Jump up, spreading your feet shoulder-width apart while raising your arms overhead. Return to start and repeat steadily.

TORSO TWISTS

Stand with feet shoulder-width apart, hands at chest level, and rotate your torso left and right smoothly.

LEG SWINGS

Hold onto a wall or chair for balance. Swing one leg forward and backward, then side to side. Switch legs.

ARM SWINGS

Stand tall and swing your arms forward and backward in a controlled motion to loosen shoulder joints.

Cardio Exercises:

PLANK SHOULDER TAPS

In a plank, tap your left shoulder with your right hand, then right shoulder with left hand while keeping hips steady.

BUTT KICKS

Jog in place and bring your heels up to hit your glutes with each step.

RUNNING IN PLACE

Run with high knees and quick footwork, staying light on your toes.

SKATER STEPS

Hop from side to side, crossing one leg behind the other while swinging arms naturally.

GLUTE BRIDGES

Lie on your back, knees bent. Lift hips upward by squeezing glutes, hold briefly, then lower down.

JUMP ROPE

Pretend to skip or use a rope. Stay light on your feet and keep elbows close to your torso.

HIGH KNEES

Run in place, driving knees toward your chest quickly while pumping your arms.

BOX JUMPS

Stand in front of a sturdy box or bench. Jump up onto it with both feet, land softly, and step down carefully.

SIDE PLANK

Lie on your side, propped up on one elbow, and lift hips to form a straight line from head to feet. Hold and switch.

LUNGES

Step forward with one leg and lower until both knees are at 90°. Push back to start and repeat on the other leg.

Yoga Exercises:

CHILD'S POSE

Sit back on heels, stretch arms forward on the floor, and relax your forehead to the mat.

BRIDGE POSE

Lie on your back, bend knees, lift hips, and clasp hands beneath you for a chest and glute opener.

CAT-COW

On hands and knees, alternate arching and rounding your back slowly to loosen your spine.

PIGEON POSE

From plank, bring one knee forward and lay it across the mat while extending the other leg behind you. Hold to open hips.

COBRA POSE

Lie on your stomach, place palms under shoulders, and lift your chest while keeping hips on the mat.

TREE POSE

Stand on one leg, place the other foot on the inner thigh, and bring palms together in front of your chest.

WARRIOR II

Step one foot forward, bend the front knee, and stretch arms parallel to the floor. Gaze over front hand.

DOWNDWARD DOG

Start on all fours, lift hips up and back, forming an inverted V shape. Keep heels pressing toward the ground and spine long.

TRIANGLE POSE

Step your feet apart, extend one arm toward the sky, and lean sideways over your front leg.

SEATED FORWARD BEND

Sit with legs straight, bend forward from your hips, and reach toward your toes.