Healthy You

* [HOME](http://docs.google.com/miniprojectA8.html)
* [ABOUT](http://docs.google.com/about.html)
* [CONTACT](http://docs.google.com/contact.html)

[EXCITING FACTS](http://docs.google.com/efacts.html) [DIET CHART](http://docs.google.com/dietchart_B18_fbe.html)

## FULL BODY EXERCISES

### 1.Cycling

Workout Days:- atleast 3-4 days in week

Time Duration:- 15 min to 30 min

Benificial for:-

### 2.Dancing

Workout Days:- atleast 3-4 days in week

Time Duration:- 15 min to 30 min

Benificial for:-

### 3.Elbow plank

Workout Days:- atleast 3-4 days in week

Time Duration:- x20 or 30 sec (repeat 2 or 3 sets if possible)

Benificial for:-

### 4.Half burpees

Workout Days:- atleast 3-4 days in week

Time Duration:- x20 or 30 sec (repeat 2 or 3 sets if possible)

Benificial for:-

### 5.Hip warmup

Workout Days:- atleast 3-4 days in week

Time Duration:- x20 or 30 sec (repeat 2 or 3 sets if possible)

Benificial for:-

### 6.Jogging

Workout Days:- atleast 3-4 days in week

Time Duration:- 30 min to 45 min

Benificial for:-

### 7.Jumping-jack

Workout Days:- atleast 3-4 days in week

Time Duration:- x15 or 30 sec (repeat 2 or 3 sets if possible)

Benificial for:-

### 8.Knee pushups

Workout Days:- atleast 3-4 days in week

Time Duration:- x20 or 30 sec (repeat 2 or 3 sets if possible)

Benificial for:-

### 9.Mountain climber

Workout Days:- atleast 3-4 days in week

Time Duration:- x20 or 30 sec (repeat 2 or 3 sets if possible)

Benificial for:-

### 10.Skipping

Workout Days:- atleast 3-4 days in week

Time Duration:- 10 min to 15 min

Benificial for:-

### 11.Squat-with-Side-Kick

Workout Days:- atleast 3-4 days in week

Time Duration:- x20 or 30 sec (repeat 2 or 3 sets if possible)

Benificial for:-

### FITNESS ● HEALTH ● DIET

###### ©Healthy You | All rights reserved