



Warmup stretches – try doing atleast 5 seconds of each main bodypart -unless you have a warm up routine

Read till end

Day1 : _____ Sets and Reps

Bench squats 2x12

Slightly touch bench or chair , don't sit down



Kick backs(1kg)

2x12

12 per arm x 2

Lock elbow in position

Use only forearm to do exercise



Sumo Squats

2x8



Planking

1x20 seconds



Waist twister(1kg)

2x10

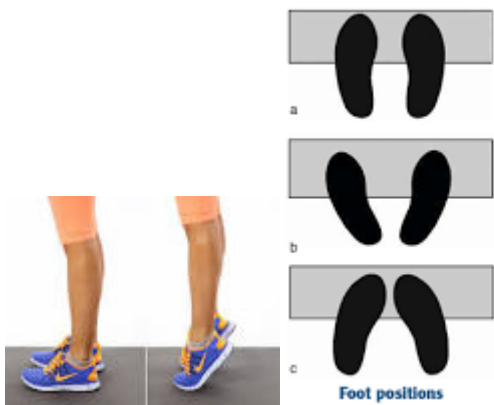


Day2:

Standing heel raises

3x10

Do 10 reps in each foot position-30 in total



Standing dumbbell curls(1kg)

2x12

12 per arm x 2



Hip raises

2x8



Hammer curls

(1kg)

2x12

12 per arm x 2



Crunches

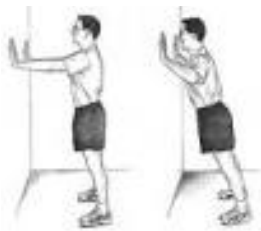
2 x 10



Day 3:

Wall pushups

2x8



Planking

1x30 seconds



Knee highs

2x5

5 per leg x 2



Leg raises or seated leg raises(your choice)

2x10



Planking



1x20 seconds



Side lateral raises(1kg)

2x12



Rest day

Day 4:

Lying side lifts

2x10

10 per leg x 2



Leg raises hold

2x5seconds



Bench squats (2kg in hand)

2x15

Slightly touch or chair bench, don't sit down



Planking

2x25 seconds



Leg extensions

2x12

12 per leg x 2



Side crunches

2x10



Double dumbbell row(1kg)

2x12

Keep knees slightly bent



Exercises like curls where you use both arms 2x10 means – 1 right, 1 left till you reach 10 both sides, rest 45 seconds and then the same reps again both sides.

Leg exercises is 10 right then 10 left like leg extensions for example(where applicable)

45 rest seconds minimum between sets, 75 seconds minimum between exercises.

Rest atleast 2 full days a week

All exercises done on own risk