

STAY SAFE!

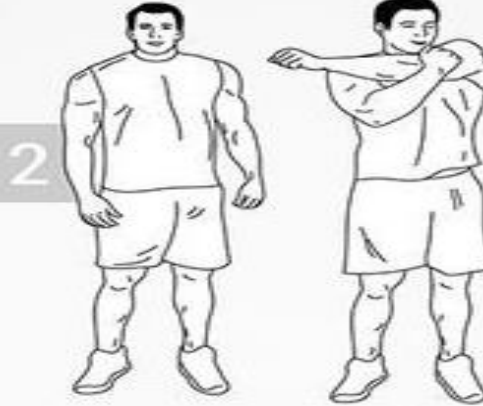


STAY HEALTHY!

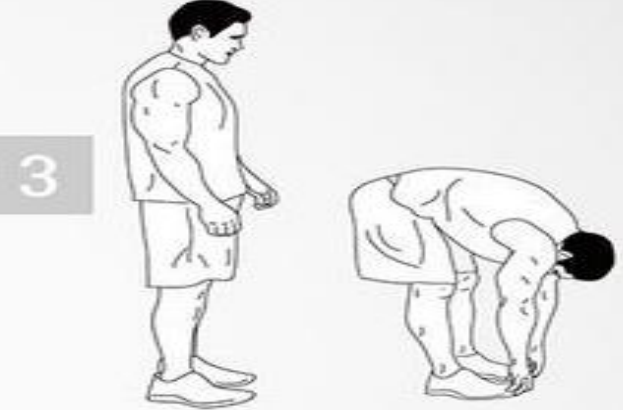
“TO ENJOY THE GLOW OF GOOD HEALTH, YOU MUST EXERCISE.”



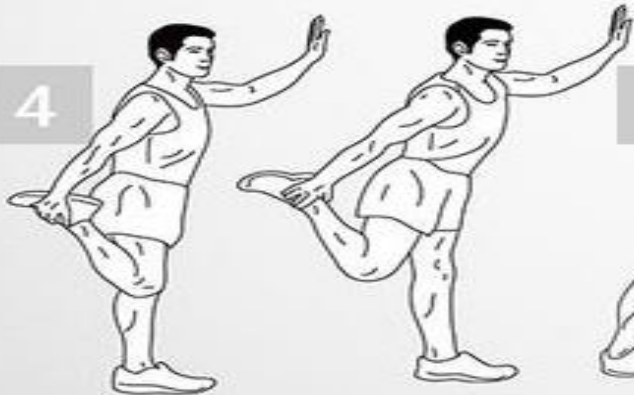
side neck stretch



shoulder stretch



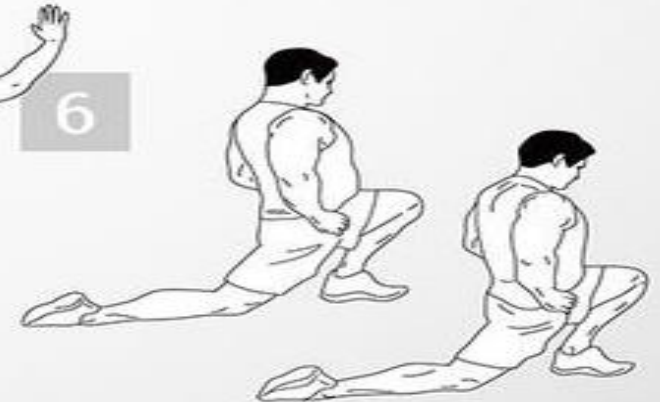
standing toe touches



quad stretch



calf stretch



kneeling hip flexor

- STRETCHING BEFORE WORKOUT
- SCHEDULE : EVERYDAY EARLY MORNING

STAY SAFE!

CIRCUIT HOME WORKOUT



STAY HEALTHY!

MONDAY

Crawling



15 reps

Flutter Kick Squat



20 reps

Mountain Climber



30 reps

High Knees



20 reps

Rolling Squat



15 reps

Plyo Lunges



20 reps

- 4 ROUNDS CIRCUIT
- FOLLOW ABOVE MENTIONED REPS
- 5 SECONDS REST BETWEEN EACH EXERCISE AND 2 MINUTES REST AFTER EACH ROUND

STAY SAFE!

CIRCUIT HOME WORKOUT



STAY HEALTHY!

TUESDAY

In & Out Jack



10 reps

Alternate Plank Row



10 reps

Split Squat Press



10 reps

Knee Pushup



10 reps

Deadlift Upright Row



10 reps

Plank Jack



15 reps

- 4 ROUNDS CIRCUIT
- FOLLOW ABOVE MENTIONED REPS
- 5 SECONDS REST BETWEEN EACH EXERCISE AND 2 MINUTES REST AFTER EACH ROUND

STAY SAFE!

CIRCUIT HOME WORKOUT



STAY HEALTHY!

WEDNESDAY

Jumping Jack



Squat Hop



Burpee



Mountain Climber



Front Kick Alternate



High Knee



- 5 ROUNDS CIRCUIT
- FOLLOW ABOVE MENTIONED TIME
- 5 SECONDS REST BETWEEN EACH EXERCISE AND 1 MINUTE REST AFTER EACH ROUND
- INCREASE SPEED ON EACH SET

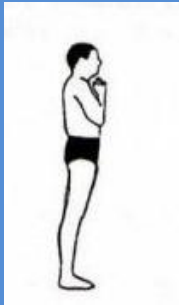
STAY SAFE!

SURYA NAMASKAAR

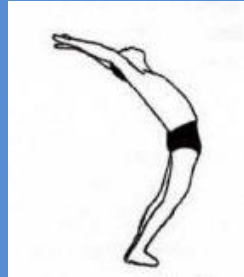


STAY HEALTHY!

THURSDAY



Step 1: Prayer pose



Step 2: Raised arms pose



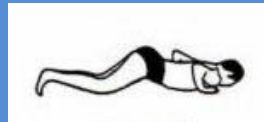
Step 3: Hand to foot pose



Step 4: Equestrian pose



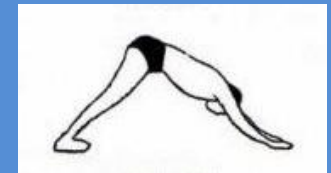
Step 5: Stick pose



Step 6: Salute with eight parts or points



Step 7: Cobra pose



Step 8: Mountain pose



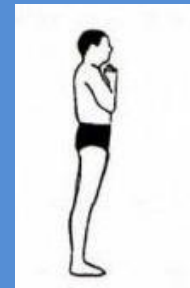
Step 9: Equestrian pose



Step 10: Hand to foot pose



Step 11: Raised Arms Pose



Step 12: Prayer pose

- EARLY MORNING 6-8 TIMES
- FOLLOW ABOVE MENTIONED STEPS

STAY SAFE!

CIRCUIT HOME WORKOUT



STAY HEALTHY!

FRIDAY

Forward Jump Shuffle Back



15 reps

Skipping



50 reps

Squat Side to Side



20 reps

Burpee



15 reps

Wall Crunch



20 reps

Ankle Tap Push Up



15 reps

- 4 ROUNDS CIRCUIT
- FOLLOW ABOVE MENTIONED REPS
- 5 SECONDS REST BETWEEN EACH EXERCISE AND 2 MINUTES REST AFTER EACH ROUND

STAY SAFE!

CIRCUIT HOME WORKOUT



STAY HEALTHY!

SATURDAY

Jumping Jack



30 sec

High Knee



20 sec

Crunch



20 sec

Ski Abs



20 sec

Knee Tuck



20 sec

In & Out



20 sec

- 5 ROUNDS CIRCUIT
- FOLLOW ABOVE MENTIONED TIME
- 5 SECONDS REST BETWEEN EACH EXERCISE AND 1 MINUTE REST AFTER EACH ROUND
- INCREASE SPEED ON EACH SET



STAY HOME!
STAY SAFE!
STAY HEALTHY!

THANK YOU

By,
AMIT KUMAR SHARMA