

# Workout Sequence Suchithra

Just do this below 3 exercises for first few days until you build a foundational strength after that you can gradually progress towards strength training

## Day 1

- a. Surya namaskara- for 10 Mins  
[https://drive.google.com/file/d/15NOybPubN\\_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing](https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing)
- b. Egoscue-Beginner Training  
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HjMK9cc/view?usp=sharing>
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

## Day 2

- a. Surya namaskara- for 10 Mins  
[https://drive.google.com/file/d/15NOybPubN\\_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing](https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing)
- b. Egoscue-Beginner Training  
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HjMK9cc/view?usp=sharing>
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

## Day 3

- a. Surya namaskara- for 10 Mins  
[https://drive.google.com/file/d/15NOybPubN\\_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing](https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing)
- b. Egoscue-Advanced Training  
<https://drive.google.com/file/d/1yJI2vsuh75JF3XiYsBf0Q0GG-zTOI9zp/view?usp=sharing>
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

## Day 4

- a. Surya namaskara- for 10 Mins  
[https://drive.google.com/file/d/15NOybPubN\\_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing](https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing)
- b. Walking - for 45 Mins
- c. Second set of Walking after dinner- 10 to 15 mins

## Day 5

- a. Surya namaskara- for 10 Mins  
[https://drive.google.com/file/d/15NOybPubN\\_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing](https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing)

- b. Pilates Fix- 30 Mins  
[https://drive.google.com/file/d/1-VyGxz2Kfos1xkwwQ9VLxfscA\\_2tG0Kb/view?usp=sharing](https://drive.google.com/file/d/1-VyGxz2Kfos1xkwwQ9VLxfscA_2tG0Kb/view?usp=sharing)
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

## Day 6

- a. Surya namaskara- for 10 Mins  
[https://drive.google.com/file/d/15NOybPubN\\_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing](https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing)
- b. Yoga Fix- 30 Mins  
[https://drive.google.com/file/d/1dAMCQin\\_wHeNVuQq5yyMY5kNgIxdL12U/view?usp=sharing](https://drive.google.com/file/d/1dAMCQin_wHeNVuQq5yyMY5kNgIxdL12U/view?usp=sharing)
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

## Day 7

Rest and repeat the same

## Follow below routines from Second or third week

### Day 1

- a. Egoscue-Beginner Training (Basic Movement exercise to reset posture)  
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HjMK9cc/view?usp=sharing>

or

**Strength Training (Intense training- You can do this at later stages when you are able to manage your body weight)**

- <https://drive.google.com/file/d/1rmSfdacbNf3q2l42BEolrQ7pCYkzncZa/view?usp=sharing>
- b. At the end Stretch Hip Flexor for 30 Seconds (2 sets to each leg x 30 secs)  
<https://drive.google.com/file/d/1XYn4Rw4dkHrI0GlnJwtAgkqZHHFKRy9i/view?usp=sharing>
- c. End with – 10 Mins Parasympathetic Breathing ( Play om Chants or vipassana breathing- it helps to relax muscles )  
[https://drive.google.com/file/d/1cnmnBctln8\\_RNgwnDqQu4CDXLpAA3A/view?usp=sharing](https://drive.google.com/file/d/1cnmnBctln8_RNgwnDqQu4CDXLpAA3A/view?usp=sharing)

### Day 2

- a. Glute Band Strengthening Workout  
<https://drive.google.com/file/d/1bmyhJ0fVux9gMf5JHFN3btDbwZqpjIVQ/view?usp=sharing>
- b. Lower body fix

<https://drive.google.com/file/d/1xfVqUVZdTc7RtA5G3Orvf1GwNTzPoHOB/view?usp=sharing>

- c. **Burpees with Shoulder Press- 4 Sets x 15 Reps**  
<https://drive.google.com/file/d/1UMuHD04-droSpbPVpeI7czk775fv2R0N/view?usp=sharing>
- d. **Dumbbell Floor Press or Knee Pushups – 4 Sets x 10 Reps**  
[https://drive.google.com/file/d/1Fil\\_7jfObWc1U1zOHnlULEcVc3Zon8-f/view?usp=sharing](https://drive.google.com/file/d/1Fil_7jfObWc1U1zOHnlULEcVc3Zon8-f/view?usp=sharing)
- e. **End with – 10 Mins Parasympathetic Breathing ( Play om Chants or vippassana breathing- it helps to relax muscles )**  
[https://drive.google.com/file/d/1cnmnBctln8\\_RNgwnDqQu4CDXLpAA3A/view?usp=sharing](https://drive.google.com/file/d/1cnmnBctln8_RNgwnDqQu4CDXLpAA3A/view?usp=sharing)

## Day 3

- a. **Surya namaskara- for 10 Mins**  
[https://drive.google.com/file/d/15NOybPubN\\_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing](https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing)
- b. **Donkey Kicks- 10 Reps each side x 2 Sets**
- c. **Dead Bug-10 Reps each side x 2 Sets**
- d. **Total Body Cardio Fix-25 Mins**  
[https://drive.google.com/file/d/1mhZxiUS\\_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing](https://drive.google.com/file/d/1mhZxiUS_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing)
- e. **End with – 10 Mins Parasympathetic Breathing ( Play om Chants or vippassana breathing- it helps to relax muscles )**  
[https://drive.google.com/file/d/1cnmnBctln8\\_RNgwnDqQu4CDXLpAA3A/view?usp=sharing](https://drive.google.com/file/d/1cnmnBctln8_RNgwnDqQu4CDXLpAA3A/view?usp=sharing)

## Day 4

- a. **Rest Day**

## Day 5

- a. **1 Hour Full Body Pilates Class**  
<https://drive.google.com/file/d/1Vd8gLh8JachFNN1EUjckkXK79d85a6on/view?usp=sharing>  
or  
Strength Training – 1 Hour (Any one of the below Routine)  
[https://drive.google.com/file/d/1cxuJ192GnNGXy8DBok2mKUeKdSR4\\_A2j/view?usp=sharing](https://drive.google.com/file/d/1cxuJ192GnNGXy8DBok2mKUeKdSR4_A2j/view?usp=sharing)
- b. **If you have time End with – 10 Mins Parasympathetic Breathing ( Play om Chants or vippassana breathing- it helps to relax muscles )**  
[https://drive.google.com/file/d/1cnmnBctln8\\_RNgwnDqQu4CDXLpAA3A/view?usp=sharing](https://drive.google.com/file/d/1cnmnBctln8_RNgwnDqQu4CDXLpAA3A/view?usp=sharing)

# Day 6

- a. Pilates Fix- 30 Mins  
[https://drive.google.com/file/d/1-VyGxz2Kfos1xkwkQ9VLxfscA\\_2tG0Kb/view?usp=sharing](https://drive.google.com/file/d/1-VyGxz2Kfos1xkwkQ9VLxfscA_2tG0Kb/view?usp=sharing)
- b. Total Body Cardio Fix- 30 Mins  
[https://drive.google.com/file/d/1mhZxiUS\\_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing](https://drive.google.com/file/d/1mhZxiUS_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing)
- c. **Bulgarian Split Squat- 2 Sets each side x 7 reps**
- d. **At the end Stretch Hip Flexor for 30 Seconds (2 sets to each leg x 30 secs)**  
<https://drive.google.com/file/d/1XYn4Rw4dkHrI0GlnJwtAgkqZHHFKRy9i/view?usp=sharing>
- e. **End with – 10 Mins Parasympathetic Breathing ( Play om Chants or vipassana breathing- it helps to relax muscles )**  
[https://drive.google.com/file/d/1cnmnBctln8\\_RNgwnDqQu4CDXlpAA3A/view?usp=sharing](https://drive.google.com/file/d/1cnmnBctln8_RNgwnDqQu4CDXlpAA3A/view?usp=sharing)

# Day 7

**Rest on 7<sup>th</sup> Day and Repeat above cycle of exercise for 14 days**

## **Download as per below links**

- f. Egoscue-Beginner Training  
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HjMK9cc/view?usp=sharing>
- g. Egoscue-Advanced Training  
<https://drive.google.com/file/d/1yJI2vsuh75JF3XiYsBf0Q0GG-zTOI9zp/view?usp=sharing>
- h. Foundational Prehab – Workout Library  
[https://drive.google.com/drive/folders/12RVb-PHfb0Tq9OUrADS5bcI2r0\\_FzB2\\_?usp=sharing](https://drive.google.com/drive/folders/12RVb-PHfb0Tq9OUrADS5bcI2r0_FzB2_?usp=sharing)
- i. Shoulder retraction  
<https://drive.google.com/file/d/1eb55A95wll03WDPIOfofFwUK0Hz029tL/view?usp=sharing>
- j. Glute Band for workout- Knee pain and back pain Rehab  
<https://drive.google.com/file/d/1bmyhJ0fVux9gMf5JHFN3btDbwZqpiIVQ/view?usp=sharing>

- k. Hip Flexor stretch- Knee and back pain Rehab  
<https://drive.google.com/file/d/1XYn4Rw4dkHrIOGlnJwAgkqZHFFKRy9i/view?usp=sharing>
- l. Surya Namaskara- Step by step  
[https://drive.google.com/file/d/15NOybPubN\\_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing](https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing)
- m. Power Yoga –Detox Class  
<https://drive.google.com/file/d/1spM8w2LuJC5KhgUxTvz2aAxqInelTg3J/view?usp=sharing>
- n. Parasympathetic Breathing – muscle relaxation – back and lower back  
[https://drive.google.com/file/d/1cnmnBctln8\\_RNgwnDqQu4CDXlpAA3A/view?usp=sharing](https://drive.google.com/file/d/1cnmnBctln8_RNgwnDqQu4CDXlpAA3A/view?usp=sharing)
- o. Guided Vipassana Meditation- 15 Mins  
[https://drive.google.com/file/d/1Fr\\_srf1fXiA7aOyTmU6qW4Mwnemw1TAh/view?usp=sharing](https://drive.google.com/file/d/1Fr_srf1fXiA7aOyTmU6qW4Mwnemw1TAh/view?usp=sharing)
- p. Strength Training – 1 Hour- Level 1 CJ Koegal  
<https://drive.google.com/file/d/1rmSfdacbNf3q2l42BEolrQ7pCYkzncZa/view?usp=sharing>
- q. Strength Training – 1 Hour- Level 1 Brent Bishop  
[https://drive.google.com/file/d/1cxuJ192GnNGXy8DBok2mKUeKdSR4\\_A2j/view?usp=sharing](https://drive.google.com/file/d/1cxuJ192GnNGXy8DBok2mKUeKdSR4_A2j/view?usp=sharing)
- r. Yoga Class Flexibility & Relaxation- 50 Mins  
<https://drive.google.com/file/d/1WKbZLplaMh0XyZHqqWx2-F0uFRrmpPRv/view?usp=sharing>
- s. Abs Fix workout- 10 Mins  
[https://drive.google.com/file/d/1TG6UNKscBMis\\_HFhvPGnUIsCziYRavHK/view?usp=sharing](https://drive.google.com/file/d/1TG6UNKscBMis_HFhvPGnUIsCziYRavHK/view?usp=sharing)
- t. Total Body Cardio Fix- 30 Mins  
[https://drive.google.com/file/d/1mhZxiUS\\_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing](https://drive.google.com/file/d/1mhZxiUS_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing)
- u. Pilates Fix- 30 Mins  
[https://drive.google.com/file/d/1-VyGxz2Kfos1xkwwQ9VLxfscA\\_2tG0Kb/view?usp=sharing](https://drive.google.com/file/d/1-VyGxz2Kfos1xkwwQ9VLxfscA_2tG0Kb/view?usp=sharing)
- v. Yoga Fix- 30 Mins  
[https://drive.google.com/file/d/1dAMCQin\\_wHeNVuQq5yyMY5kNgIxdL12U/view?usp=sharing](https://drive.google.com/file/d/1dAMCQin_wHeNVuQq5yyMY5kNgIxdL12U/view?usp=sharing)
- w. Half Kneeling Kb Press- Single Hand  
<https://drive.google.com/file/d/1HWoDsgaVWMyfRjRlqgiYzLyJ1wuVAJu/view?usp=sharing>
- x. Goblet Squat With Dumbbell

<https://drive.google.com/file/d/1fj1Gm8aHQfQwnhzUsEI5NQF5xR8B9Xy4/view?usp=sharing>

y. Bulgarian Split Squat

<https://drive.google.com/file/d/1SojdSm6C9oBhzhidvIGYqwOC-6RPF3t/view?usp=sharing>

z. Burpee with Push Press

<https://drive.google.com/file/d/1UMuHD04-droSpbPVpeI7czk775fv2R0N/view?usp=sharing>

aa. Dead Bug- Abdominal

<https://drive.google.com/file/d/15Uj2Qbdy74fbO7vwtv-PQZq4OHHuOMYz/view?usp=sharing>

bb. Donkey Kicks

[https://drive.google.com/file/d/1LMkvHaMSBUA9GZPcZBPCj-OfDF\\_Y-dZS/view?usp=sharing](https://drive.google.com/file/d/1LMkvHaMSBUA9GZPcZBPCj-OfDF_Y-dZS/view?usp=sharing)

cc. Kettlebell Goblet Squat

<https://drive.google.com/file/d/1DxlvmrWcEJI2bOTIu1KBBsdf31K2rWDD/view?usp=sharing>

dd. Inchworm

[https://drive.google.com/file/d/1VMjR6b7XRJAW2EsK57M2Bw\\_xLNzVHFr-/view?usp=sharing](https://drive.google.com/file/d/1VMjR6b7XRJAW2EsK57M2Bw_xLNzVHFr-/view?usp=sharing)

ee. Dumbbell Floor Press

[https://drive.google.com/file/d/1Fil\\_7jObWc1U1zOHnIULEcVc3Zon8-f/view?usp=sharing](https://drive.google.com/file/d/1Fil_7jObWc1U1zOHnIULEcVc3Zon8-f/view?usp=sharing)

ff. Kettlebell/Dumbbell Sumo Squat

<https://drive.google.com/file/d/1DxlvmrWcEJI2bOTIu1KBBsdf31K2rWDD/view?usp=sharing>

gg. Kettlebell/Dumbbell Swing

<https://drive.google.com/file/d/1Me4lxAngbcWhiEm606JLZbZrUlxsyiV0/view?usp=sharing>

hh. Kettlebell/Dumbbell Swing

<https://drive.google.com/file/d/1Me4lxAngbcWhiEm606JLZbZrUlxsyiV0/view?usp=sharing>

ii. Triceps Chair Dips

<https://drive.google.com/file/d/1PEKrc0F2ogIHITzKtWtKW1O3xPzPLuC5/view?usp=sharing>

jj. Mountain Climbers

<https://drive.google.com/file/d/1H3oD84u1AXeTnfc37cB1HAM-YCtqIVBm/view?usp=sharing>

kk. Pushup Progression (Beginner to advanced)

<https://drive.google.com/file/d/1GPE7SuyIPF-cym2d8mLbzk1jk1DPXgd4/view?usp=sharing>

ll. Knee Pushups

<https://drive.google.com/file/d/1UmwfpbFfALOdHBUdp4Y7uvqEdxasCuEK/view?usp=sharing>

mm. Core exercise – Resistance Band Rotation

<https://drive.google.com/file/d/1x2AFj-59DrRAIhtrMwhX9cnMMpnwflVP/view?usp=sharing>

nn. Banded Kneeling Hip Hinge

<https://drive.google.com/file/d/1XyUT8kQXnXYjxV8AJs2QGrKVab7OxgRm/view?usp=sharing>

oo. Banded Face pulls

[https://drive.google.com/file/d/1htP3qQahWq47jL\\_dhlt56pYQcJl8PcNk/view?usp=sharing](https://drive.google.com/file/d/1htP3qQahWq47jL_dhlt56pYQcJl8PcNk/view?usp=sharing)