

Workout Sequence Prathibha

Day 1

- a. **Surya namaskara- for 10 Mins**
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- b. **Advanced Workout – Egoscue for 40 Mins**
<https://drive.google.com/file/d/1yJI2vsuh75JF3XiYsBf0Q0GG-zTOI9zp/view?usp=sharing>
- c. Glute Band for workout- Knee pain and back pain Rehab
<https://drive.google.com/file/d/1bmyhJ0fVux9gMf5JHFN3btDbwZqpjIVQ/view?usp=sharing>
- d. **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

Day 2

- a. 1 Hour Full body- Pilates Class
<https://drive.google.com/file/d/1Vd8gLh8JachFNN1EUjckKXK79d85a6on/view?usp=sharing>
- b. Knee Pain Egoscue- Stage 2
<https://drive.google.com/file/d/1EWEJrpGvGq8CXTg7ERPvJY23SboXmzFU/view?usp=sharing>

Day 3

- a. **Surya namaskara- for 10 Mins**
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- c. Knee Pain Egoscue- Stage 1
https://drive.google.com/file/d/1J_9FiBPBiFyDtExWRARzGc0gbE3S_i9J/view?usp=sharing
- d. Egoscue-Beginner Training
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HJMK9cc/view?usp=sharing>
- e. Donkey Kicks
https://drive.google.com/file/d/1LMkvHaMSBUA9GZPcZBPCj-0fDF_Y-dZS/view?usp=sharing
- f. Dead Bug- Abdominal
<https://drive.google.com/file/d/15Uj2Qbdy74fb07vwtv-PQZq4OHHuOMYz/view?usp=sharing>
- b. **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

Day 4

- a. **Rest Day**

Day 5

- a. Strength Training – 1 Hour (Any one of the below Routine- Avoid jumping and squats and lunges)
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

Day 6

- g. Pilates Fix- 30 Mins
https://drive.google.com/file/d/1-VyGxz2Kfos1xkwwQ9VLxfscA_2tG0Kb/view?usp=sharing
- h. Yoga Fix- 30 Mins
https://drive.google.com/file/d/1dAMCQin_wHeNVuQq5yyMY5kNgIxdL12U/view?usp=sharing
- a. **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>
- b. **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

Day 7

Rest on 7th Day and Repeat above cycle of exercise for 14 days

Download as per below links

- i. Egoscue-Beginner Training
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HjMK9cc/view?usp=sharing>
- j. Egoscue-Advanced Training

<https://drive.google.com/file/d/1yJl2vsuh75JF3XiYsBf0Q0GG-zTOI9zp/view?usp=sharing>

- k. Foundational Prehab – Workout Library

https://drive.google.com/drive/folders/12RVb-PHfb0Tq9OUrADS5bcl2r0_FzB2_?usp=sharing

- l. Shoulder retraction

<https://drive.google.com/file/d/1eb55A95wll03WDPIOfofFwUK0Hz029tL/view?usp=sharing>

- m. Glute Band for workout- Knee pain and back pain Rehab

<https://drive.google.com/file/d/1bmyhJ0fVux9gMf5JHFN3btDbwZqpjIVQ/view?usp=sharing>

- n. Hip Flexor stretch- Knee and back pain Rehab

<https://drive.google.com/file/d/1XYn4Rw4dkHrI0GlnJwAgkqZHFFKRY9i/view?usp=sharing>

- o. Surya Namaskara- Step by step

https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing

- p. Power Yoga –Detox Class

<https://drive.google.com/file/d/1spM8w2LuJC5KhgUxTvz2aAxqInelTg3J/view?usp=sharing>

- q. Parasympathetic Breathing – muscle relaxation – back and lower back

https://drive.google.com/file/d/1cnmnBctln8_RNgwnDqQu4CDXLPAA3A/view?usp=sharing

- r. Guided Vipassana Meditation- 15 Mins

https://drive.google.com/file/d/1Fr_srf1fXiA7aOyTmU6qW4Mwnemw1TAh/view?usp=sharing

- s. Strength Training – 1 Hour- Level 1 CJ Koegal

<https://drive.google.com/file/d/1rmSfdacbNf3q2l42BEolrQ7pCYkzncZa/view?usp=sharing>

- t. Strength Training – 1 Hour- Level 1 Brent Bishop

https://drive.google.com/file/d/1cxuJ192GnNGXy8DBok2mKUeKdSR4_A2j/view?usp=sharing

- u. Yoga Class Flexibility & Relaxation- 50 Mins

<https://drive.google.com/file/d/1WKbZLplaMh0XyZHqqWx2-F0uFRrmpPRv/view?usp=sharing>

- v. Abs Fix workout- 10 Mins

https://drive.google.com/file/d/1TG6UNKscBMis_HFhvPGnUlsCzjYRavHK/view?usp=sharing

- w. Total Body Cardio Fix- 30 Mins

https://drive.google.com/file/d/1mhZxiUS_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing

- x. Pilates Fix- 30 Mins
https://drive.google.com/file/d/1-VyGxz2Kfos1xkwwQ9VLxfscA_2tG0Kb/view?usp=sharing
- y. Yoga Fix- 30 Mins
https://drive.google.com/file/d/1dAMCQin_wHeNVuQq5yyMY5kNgIxdL12U/view?usp=sharing
- z. Half Kneeling Kb Press- Single Hand
<https://drive.google.com/file/d/1HWoDsgaVWMyfRjRjIqgiYzLyJ1wuVAJu/view?usp=sharing>
- aa. Goblet Squat With Dumbbell
<https://drive.google.com/file/d/1fj1Gm8aHQfQwnhzUsEI5NQF5xR8B9Xy4/view?usp=sharing>
- bb. Bulgarian Split Squat
<https://drive.google.com/file/d/1SojdSm6C9oBhzhidvIGYqwOC-6RPfF3t/view?usp=sharing>
- cc. Burpee with Push Press
<https://drive.google.com/file/d/1UMuHD04-droSpbPVpeI7czk775fv2R0N/view?usp=sharing>
- dd. Dead Bug- Abdominal
<https://drive.google.com/file/d/15Uj2Qbdy74fbO7vwtv-PQZq4OHHuOMYz/view?usp=sharing>
- ee. Donkey Kicks
https://drive.google.com/file/d/1LMkvHaMSBUA9GZPcZBPCj-0fDF_Y-dZS/view?usp=sharing
- ff. Kettlebell Goblet Squat
<https://drive.google.com/file/d/1DxIvmrWcEJI2bOTIu1KBBsdf31K2rWDd/view?usp=sharing>
- gg. Inchworm
https://drive.google.com/file/d/1VMjR6b7XRJAW2EsK57M2Bw_xLNzVHFr-/view?usp=sharing
- hh. Dumbbell Floor Press
https://drive.google.com/file/d/1Fil_7jfObWc1U1zOHnIULEcVc3Zon8-f/view?usp=sharing
- ii. Kettlebell/Dumbbell Sumo Squat
<https://drive.google.com/file/d/1DxIvmrWcEJI2bOTIu1KBBsdf31K2rWDd/view?usp=sharing>
- jj. Kettlebell/Dumbbell Swing
<https://drive.google.com/file/d/1Me4lxAngbcWhiEm606JLZbZrUlxsyiV0/view?usp=sharing>
- kk. Kettlebell/Dumbbell Swing
<https://drive.google.com/file/d/1Me4lxAngbcWhiEm606JLZbZrUlxsyiV0/view?usp=sharing>

- ll.** Triceps Chair Dips
<https://drive.google.com/file/d/1PEKrc0F2ogIHITzKtWtKW1O3xPzPLuC5/view?usp=sharing>
- mm.** Mountain Climbers
<https://drive.google.com/file/d/1H3oD84u1AXeTnfc37cB1HAM-YCtqIVBm/view?usp=sharing>
- nn.** Pushup Progression (Beginner to advanced)
<https://drive.google.com/file/d/1GPE7SuyIPF-cym2d8mLbzk1jk1DPXgd4/view?usp=sharing>
- oo.** Knee Pushups
<https://drive.google.com/file/d/1UmwfpbFfALOdBUdp4Y7uvqEdxasCuEK/view?usp=sharing>
- pp.** Core exercise – Resistance Band Rotation
<https://drive.google.com/file/d/1x2AFj-59DrRAIhtrMwhX9cnMMpnwflVP/view?usp=sharing>
- qq.** Banded Kneeling Hip Hinge
<https://drive.google.com/file/d/1XyUT8kQXnXYjxV8AJs2QGrKVAB7OxgRm/view?usp=sharing>
- rr.** Banded Face pulls
https://drive.google.com/file/d/1htP3qQahWq47jL_dhlt56pYQcJI8PcNk/view?usp=sharing
- ss.** Beast Load to Unload
<https://drive.google.com/file/d/1iqGGvK7zwwcJZGoGcEqmuSm8z-XLAREk/view?usp=sharing>
- tt.** 1 Hour Full body- Pilates Class
<https://drive.google.com/file/d/1Vd8gLh8JachFNN1EUjcKkXK79d85a6on/view?usp=sharing>
- uu.** Pelvic Floor Exercise- 15 MIns
<https://drive.google.com/file/d/1e1WQzWSC1qlz3UaCpRTg9o7fAD4vrTy/view?usp=sharing>
- vv.** Power Yoga Flexibility Class
https://drive.google.com/file/d/1kpJ-MVI3KFqkNNgU_ovB5N1ggH9xbUDN/view?usp=sharing
- ww.** Knee Pain Egoscue- Stage 1
https://drive.google.com/file/d/1J_9FiBPBFyDtExWRARzGc0gbE3S_i9J/view?usp=sharing
- xx.** Knee Pain Egoscue- Stage 2
<https://drive.google.com/file/d/1EWEJrpGvGq8CXTg7ERPvJY23SboXmzFU/view?usp=sharing>
- yy.** Half Kneeling Kb Press- Single Hand
<https://drive.google.com/file/d/1HWoDsgaVWMyfRjRlqgiYzLyJ1wuVAJu/view?usp=sharing>