

# *Hello and welcome in the*

## **21 DAY SWEAT CHALLENGE #12**



I am your coach and I will be happy to help you in these 21 days in the best possible manner. Let's get started with some good preparation. I am listing below all the requirements of the challenge. I hope you have a great time working out with us and also following a clean meal plan, making sustainable lifestyle changes and participating in our group to inspire each other!

### **1. Time and Log-in Details for Workouts**

- i. Workouts will begin everyday at **7:00am sharp**. You must log in at **6:55am**.
- ii. **Keep your camera on at all times during the workout. (This is a must)**
- iii. Log in details will be shared on WhatsApp. You can use the **same Zoom link** everyday. So make sure you save the link.
- iv. Make sure to log in **5 mins early** so that you **don't miss the warm up**.
- v. At the end of the workout, **wait back** for another 5 mins. We will share some important **health tip** that you can apply into your daily routine to stay fit.

### **2. Recorded Version of the workout**

- i. I will share the recorded version of each workout within an HOUR of the Live workout. When you do the recorded version, you upload your **stats/selfie** and **workout stats** on the WhatsApp Group. We will keep the group open for interactions!

### **3. Workout Requirements**

- i. Make sure you have a **clear space** in the house. It should be well ventilated. You can play the workout on your TV or a laptop. It's nice to watch on a bigger screen.
- ii. You need a **yoga mat**, a **towel** and a **bottle of water**.
- iii. We will need a pair of **dumbbells** (between 2kg and 5kg). One heavy weight and one light weight is recommended.

#### 4. Rest and Recovery

- i. Rest is very important. A minimum of **7 hours of sleep** is important.
- ii. If you have slept very late or have done a night shift, you can do the workout in the evening.
- iii. If you are not feeling well one one of the days, you can take rest for that day and go for a walk.

#### 5. FaceBook Community

- i. We will add you to my **Private Facebook Community**. We will post many important informative videos on the group for your reference. Ask your coach for the link.
- ii. Make sure you attend as many sessions for your better understanding about how to maintain your weigh and good health for life.

#### 6. Measure Progress

- i. Click your progress pictures (front, side and back) on Day 1. At the end of the 21 days, click your "after" picture and share it with us to win exciting prizes!
- ii. Check your weight and keep a tab on it.
- iii. Also make a note of all the other health benefits that you experience!

*\*If any particular exercise feels difficult for you, you can just text your coach, they will explain posture corrections or give you alternatives.*

Let's have fun!

Cheers!