

Warm up 10 mins

Dynamics

All days:

Cat & Camel 10 reps

Plank to Downward dog 10reps

Child's pose

Upper body:

Arm circles/ Swings 10reps

Shoulder YTW 10reps

Lower body:

Kneeling lunge stretch

Forward leg swings 10 each

Hip openers 15 reps

Day 1

3 sets

Dead bug 30 sec hold

Side plank 30 sec hold

Full body

A1 DB Goblet squat

A2 MC Lat reverse pull down

B1 Rack pull

B2 DB Chest Pullover

C1 DB Hip thrust

C2 DB Front raise

Cardio 15-20 mins

Day 3

Upper body

A1 Incline push ups

A2 MC/CB Rowing

B1 DB Chest press

B2 MC Reverse Fly

C1 DB Shoulder press

C2 DB Hammer curl

D1 CB Triceps push down

D2 Plank 30 secs – 45 sec

Cardio 30 mins

Day 5

Lower body

3-4\*12-15

A1 Wall sit 30 sec

A2 Elevated bridges

B1 MC leg extension

B2 Leg curl

C1 MC Abductor

C2 Calf raise

D1 Farmers walk 20 mtrs

D2 SB Crunches 20

Cardio 15 mins

Day 2, 4 & 6 - Cardio

Treadmill 20 mins

Cycling 20 mins