

## Workout Plan

Beginners Workout

Warm up 10 minutes

|    |                    |               |
|----|--------------------|---------------|
| 1. | Jumping Jack       | 20*3          |
| 2. | Mountain Climbing  | 20*3          |
| 3. | Squats             | 10*3          |
| 4. | Lunges             | 10*3          |
| 5. | Running            | 5 rounds      |
|    | Break of 3 minutes |               |
| 1. | Abs                | 20*3          |
| 2. | Plank              | 20 seconds *3 |
| 3. | Running            | 3 rounds      |

Closing walk: 10 rounds

Mediation: 5 minutes