

Workout Plan

Beginners Workout Alternate Day Plan

Day 1

- *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*

Day 2

- *Warm up 10 minutes*

1.	Spot jogging	20 repetitions
2.	High knee ups	15* both sides
3.	Cross Kick	20*3
4.	Side kick	20*3
5.	Abs	20*3
6.	Burpee	10*3
	Break	
1.	20 rounds	
2.	Outward squats	20*3
3.	Walk	15 rounds
4.	Meditation	5 mints

Day 3

1. Cardio for 20 minutes
2. Abs 100
3. Skipping 400