

Workout Sequence Sneha

Just do this below 3 exercises for first few days until you build a foundational strength after that you can gradually progress towards strength training

Day 1

- a. Surya namaskara- for 10 Mins
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- b. Egoscue-Beginner Training
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HjMK9cc/view?usp=sharing>
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

Day 2

- a. Surya namaskara- for 10 Mins
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- b. Egoscue-Beginner Training
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HjMK9cc/view?usp=sharing>
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

Day 3

- a. Surya namaskara- for 10 Mins
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- b. Egoscue-Advanced Training
<https://drive.google.com/file/d/1yJl2vsuh75JF3XiYsBf0Q0GG-zTOI9zp/view?usp=sharing>
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

Day 4

- a. Surya namaskara- for 10 Mins
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- b. Walking - for 45 Mins
- c. Second set of Walking after dinner- 10 to 15 mins

Day 5

- a. Surya namaskara- for 10 Mins
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing

- b. Pilates Fix- 30 Mins
https://drive.google.com/file/d/1-VyGxz2Kfos1xkwwQ9VLxfscA_2tG0Kb/view?usp=sharing
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

Day 6

- a. Surya namaskara- for 10 Mins
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- b. Yoga Fix- 30 Mins
https://drive.google.com/file/d/1dAMCQin_wHeNVuQq5yyMY5kNgIxdL12U/view?usp=sharing
- c. Walking - for 30 Mins
- d. Second set of Walking after dinner- 10 to 15 mins

Day 7

Rest and repeat the same

Follow below routines from Second or third week

Day 1

- a. Strength Training (Intense training- You can do this at later stages when you are able to manage your body weight)
<https://drive.google.com/file/d/1rmSfdacBNf3q2l42BEolrQ7pCYkzncZa/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/1XYn4Rw4dkHrIOGlnJwAgkqZHFFKRY9i/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 2

- a. Glute Band Strengthening Workout
<https://drive.google.com/file/d/1bmyhJ0fVux9gMf5JHFN3btDbwZqpjIVQ/view?usp=sharing>
- b. Lower body fix
<https://drive.google.com/file/d/1xfVqUVZdTc7RtA5G3Orvf1GwNTzPoHOB/view?usp=sharing>
- c. Burpees with Shoulder Press- 4 Sets x 15 Reps
<https://drive.google.com/file/d/1UMuHD04-droSpbPVpei7czk775fv2R0N/view?usp=sharing>

- d. **Dumbbell Floor Press or Knee Pushups – 4 Sets x 10 Reps**
https://drive.google.com/file/d/1Fil_7jfObWc1U1zOHnIULEcVc3Zon8-f/view?usp=sharing
- e. **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 3

- a. **Surya namaskara- for 10 Mins**
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- b. **Donkey Kicks- 10 Reps each side x 2 Sets**
- c. **Dead Bug-10 Reps each side x 2 Sets**
- d. **Total Body Cardio Fix-25 Mins**
https://drive.google.com/file/d/1mhZxiUS_JT09T-egl8HyWRg9u9FJFBY/view?usp=sharing
- e. **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. **1 Hour Full Body Pilates Class**
<https://drive.google.com/file/d/1Vd8gLh8JachFNN1EUjckKXK79d85a6on/view?usp=sharing>
or
Strength Training – 1 Hour (Any one of the below Routine)
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

- a. **Pilates Fix- 30 Mins**
https://drive.google.com/file/d/1-VyGxz2Kfos1xkwkQ9VLxfscA_2tG0Kb/view?usp=sharing

- b. Total Body Cardio Fix- 30 Mins
https://drive.google.com/file/d/1mhZxiUS_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing
- c. **Bulgarian Split Squat- 2 Sets each side x 7 reps**
- d. **At the end Stretch Hip Flexor for 30 Seconds (2 sets to each leg x 30 secs)**
<https://drive.google.com/file/d/1XYn4Rw4dkHrI0GlnJwAgkqZHFFKRY9i/view?usp=sharing>
- e. **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

- f. Egoscue-Beginner Training
<https://drive.google.com/file/d/1znqDqZQOgVqFytyG40b1isaN6HjMK9cc/view?usp=sharing>
- g. Egoscue-Advanced Training
<https://drive.google.com/file/d/1yJl2vsuh75JF3XiYsBf0Q0GG-zTOI9zp/view?usp=sharing>
- h. Foundational Prehab – Workout Library
https://drive.google.com/drive/folders/12RVb-PHfb0Tq9OUrADS5bcl2r0_FzB2_?usp=sharing
- i. Shoulder retraction
<https://drive.google.com/file/d/1eb55A95wll03WDPIOfofFwUK0Hz029tL/view?usp=sharing>
- j. Glute Band for workout- Knee pain and back pain Rehab
<https://drive.google.com/file/d/1bmyhJ0fVux9gMf5JHFN3btDbwZqpjIVQ/view?usp=sharing>
- k. Hip Flexor stretch- Knee and back pain Rehab
<https://drive.google.com/file/d/1XYn4Rw4dkHrI0GlnJwAgkqZHFFKRY9i/view?usp=sharing>

- l. Surya Namaskara- Step by step
https://drive.google.com/file/d/15NOybPubN_uAe26bGVJzjoYxfJgPk9Oq/view?usp=sharing
- m. Power Yoga –Detox Class
<https://drive.google.com/file/d/1spM8w2LuJC5KhgUxTvz2aAxqIneITg3J/view?usp=sharing>
- n. Parasympathetic Breathing – muscle relaxation – back and lower back
https://drive.google.com/file/d/1cnmnBctln8_RNgwnDqQu4CDXLpAA3A/view?usp=sharing
- o. Guided Vipassana Meditation- 15 Mins
https://drive.google.com/file/d/1Fr_srf1fXiA7aOyTmU6qW4Mwnemw1TAh/view?usp=sharing
- p. Strength Training – 1 Hour- Level 1 CJ Koegal
<https://drive.google.com/file/d/1rmSfdacbNf3q2l42BEolrQ7pCYkzncZa/view?usp=sharing>
- q. Strength Training – 1 Hour- Level 1 Brent Bishop
https://drive.google.com/file/d/1cxuJ192GnNGXy8DBok2mKUeKdSR4_A2j/view?usp=sharing
- r. Yoga Class Flexibility & Relaxation- 50 Mins
<https://drive.google.com/file/d/1WKbZLplaMh0XyZHqqWx2-F0uFRrmpPRv/view?usp=sharing>
- s. Abs Fix workout- 10 Mins
https://drive.google.com/file/d/1TG6UNKscBMis_HFhvPGnUlsCzjYRavHK/view?usp=sharing
- t. Total Body Cardio Fix- 30 Mins
https://drive.google.com/file/d/1mhZxiUS_JTO9T-egl8HyWRg9u9FJFBY/view?usp=sharing
- u. Pilates Fix- 30 Mins
https://drive.google.com/file/d/1-VyGxz2Kfos1xkwwQ9VLxfscA_2tG0Kb/view?usp=sharing
- v. Yoga Fix- 30 Mins
https://drive.google.com/file/d/1dAMCQin_wHeNVuQq5yyMY5kNgIxdL12U/view?usp=sharing
- w. Half Kneeling Kb Press- Single Hand
<https://drive.google.com/file/d/1HWOdsgaVWMyfRjRjlggiYzLyJ1wuVAJu/view?usp=sharing>
- x. Goblet Squat With Dumbbell
<https://drive.google.com/file/d/1fj1Gm8aHQfQwnhzUsEI5NQF5xR8B9Xy4/view?usp=sharing>
- y. Bulgarian Split Squat

- <https://drive.google.com/file/d/1SojdSm6C9oBhzhidvIGYqwOC-6RPF3t/view?usp=sharing>
- z. Burpee with Push Press
<https://drive.google.com/file/d/1UMuHD04-droSpbPVpeI7czk775fv2R0N/view?usp=sharing>
- aa. Dead Bug- Abdominal
<https://drive.google.com/file/d/15Uj2Qbdy74fbO7vwtv-PQZq4OHHuOMYz/view?usp=sharing>
- bb. Donkey Kicks
https://drive.google.com/file/d/1LMkvHaMSBUA9GZPcZBPCj-0fDF_Y-dZS/view?usp=sharing
- cc. Kettlebell Goblet Squat
<https://drive.google.com/file/d/1DxlvmrWcEIJ2bOTIu1KBBsdf31K2rWDD/view?usp=sharing>
- dd. Inchworm
https://drive.google.com/file/d/1VMjR6b7XRJAW2EsK57M2Bw_xLNzVHFr-/view?usp=sharing
- ee. Dumbbell Floor Press
https://drive.google.com/file/d/1Fil_7jfObWc1U1zOHnIULEcVc3Zon8-f/view?usp=sharing
- ff. Kettlebell/Dumbbell Sumo Squat
<https://drive.google.com/file/d/1DxlvmrWcEIJ2bOTIu1KBBsdf31K2rWDD/view?usp=sharing>
- gg. Kettlebell/Dumbbell Swing
<https://drive.google.com/file/d/1Me4lxAngbcWhiEm606JLZbZrUlXsyiV0/view?usp=sharing>
- hh. Kettlebell/Dumbbell Swing
<https://drive.google.com/file/d/1Me4lxAngbcWhiEm606JLZbZrUlXsyiV0/view?usp=sharing>
- ii. Triceps Chair Dips
<https://drive.google.com/file/d/1PEKrc0F2ogIHITzKtWtKW1O3xPzPLuC5/view?usp=sharing>
- jj. Mountain Climbers
<https://drive.google.com/file/d/1H3oD84u1AXeTnfc37cB1HAM-YCtqIVBm/view?usp=sharing>
- kk. Pushup Progression (Beginner to advanced)
<https://drive.google.com/file/d/1GPE7SuyIPF-cym2d8mLbzk1jk1DPXgd4/view?usp=sharing>
- ll. Knee Pushups
<https://drive.google.com/file/d/1UmwfpbFfALOdHBUdp4Y7uvqEdxasCuEK/view?usp=sharing>
- mm. Core exercise – Resistance Band Rotation
<https://drive.google.com/file/d/1x2AFj-59DrRAIhtrMwhX9cnMMpnwflVP/view?usp=sharing>

nn. Banded Kneeling Hip Hinge

<https://drive.google.com/file/d/1XyUT8kQXnXYjxV8AJs2QGrKVAB7OxgRm/view?usp=sharing>

oo. Banded Face pulls

https://drive.google.com/file/d/1htP3qQahWq47jL_dhlt56pYQcJI8PcNk/view?usp=sharing