

## Atul Mobility Routine

<i>Dynamic Warmup and Mobility</i>	<i>SETS</i>	<i>REPS</i>
<u><b>Knee to Chest</b></u>		
<u><b>Lying Hamstring Floss</b></u>		
<u><b>Crossover</b></u>		
<u><b>Cat Camel</b></u>	<b>1</b>	<b>6-8</b>
<u><b>Child's pose to cobra</b></u>		
<u><b>World's greatest stretch</b></u>		
<u><b>Wall spinal Extensions</b></u>		
<b>STRENGTHENING</b>	<b>ALTERNATE DAYS</b>	
<u><b>Glute Bridges</b></u>	<b>2</b>	<b>12</b>
Earlyman Lifestyle		
NOTE		
These movements have to be performed before workouts everyday		

<b>2x a week(30-60 secs each movement)</b>	
<b>Ankle Mobility Drills</b>	<a href="#"><u>Ankle leans</u></a>
	<a href="#"><u>Deep Squat for Ankle (without weights)</u></a>

<b>How much weight should I lift?</b>
Based on how many reps(or rep range) have been mentioned, you need to select weights in such a way that you train close to failure with no more than 1-2 reps left in tank once you finish a set. For example: If the workout mentions 10-12 reps and after doing 12 reps with 5kg DBs you feel you could have easily done 4-5 or more reps, the weight is too light for you and you need to increase the weights, in case the opposite happens and you are only able to do 5-6 reps with 10kgs in an exercise you're supposed to do 10-12 reps in, reduce the weights. Keep increasing the weights/reps when the workout seems to get easier with time.

<b>How to track my steps?</b>	
If you have an activity tracker/fitness band, then that's the best scenario, else you can use your mobile phone:	
Android	Google Fit
iOS	Health App(Pre-installed)

<b>POST WORKOUT COOLDOWN</b>	
<a href="#"><u>Upper Body -Click Here</u></a>	<b>Follow Along</b>
<a href="#"><u>Lower Body -Click Here</u></a>	<b>Follow Along</b>