



## REMOVEAT

MOVE. EAT. REPEAT

CLIENT NAME: - Sunaina

CALORIE BURNT: - 300 KCAL

EQUIPMENT REQUIRED: - Treadmill

### HOME WORKOUTS \*STRENGTH ROUTINE\*

WARM UP: 5 min - NO REST IN BETWEEN THE SETS

1. NECK SIDE-TO-SIDE ROTATION – (10 REPS & 1 SET) - [Click here to see](#)
2. ARM SWINGS - (10 REPS & 1 SET) - [Click here to see](#)
3. STANDING SIDE BENDS - (10 REPS & 1 SET) - [Click here to see](#)
4. STANDING TOE TOUCH - (10 REPS & 1 SET) - [Click here to see](#)
5. ANKLE ROTATION - (10 REPS & 1 SET) - [Click here to see](#)
6. HIP EXTERNAL ROTATION - (10 REPS & 1 SET) - [Click here to see](#)
7. CALF RAISES - (10 REPS & 1 SET) - [Click here to see](#)

MAIN WORKOUT: 40 min – TAKE 35-60 SEC REST IN BETWEEN THE SETS

1. SQUAT - (8 REPS & 2 SETS) - [Click here to see](#) (Try to sit on the chair if any discomfort stop)
2. WALL PUSH UP - (15 REPS & 2 SETS) - [Click here to see](#)
3. ARM SCISSORS - (15 REPS & 2 SETS) - [Click here to see](#)
4. DYNAMIC GLUTE BRIDGES - (15 REPS & 2 SETS) - [Click here to see](#)
5. OVERHEAD PRESSES - (10 REPS & 2 SETS) - [Click here to see](#)
6. STANDING BACK EXTENTIONS - (10 REPS & 2 SETS) - [Click here to see](#)
7. BICEP CURL - (10 REPS & 2 SETS) - [Click here to see](#)
8. TRICEP DIPS - (15 REPS & 2 SETS) - [Click here to see](#)
9. STANDING LEG CURL - (10 REPS & 2 SETS) - [Click here to see](#)

10. STANDING LEG EXTENTION - (15 REPS & 2 SETS) - [Click here to see](#)

COOL DOWN: 5 min - NO REST INTERVALS IN BETWEEN THE SETS

1 min walk at a normal pace and then do stretches. Try to breath & relax while you stretch

1. Supine Piriformis stretch - (20 sec hold & 1 set) - [Click here to see](#)
2. Child pose stretch - (20 sec hold & 1 set) - [Click here to see](#)
3. Cat & camel - (10 reps & 1 set) - [Click here to see](#)

---

## HOME WORKOUTS \*CARDIO ROUTINE\*

WARM UP: 5 min - NO REST IN BETWEEN THE SETS

8. NECK SIDE-TO-SIDE ROTATION – (10 REPS & 1 SET) - [Click here to see](#)
9. ARM SWINGS - (10 REPS & 1 SET) - [Click here to see](#)
10. STANDING SIDE BENDS - (10 REPS & 1 SET) - [Click here to see](#)
11. STANDING TOE TOUCH - (10 REPS & 1 SET) - [Click here to see](#)
12. ANKLE ROTATION - (10 REPS & 1 SET) - [Click here to see](#)
13. HIP EXTERNAL ROTATION - (10 REPS & 1 SET) - [Click here to see](#)
14. CALF RAISES - (10 REPS & 1 SET) - [Click here to see](#)

MAIN WORKOUT: 40 min – TAKE 60 SEC REST

1. TREADMILL - [Click here to see](#) (35 min routine) (Option 1)
2. CARDIO LIIT - [Click here to see](#) (35 min routine) (Option 2)
3. YOGA - [Click here to see](#) (Followed by 5 min guided meditation)

COOL DOWN: 5 min - NO REST INTERVALS IN BETWEEN THE SETS

2 min normal pace walk for cool down

## WORKOUT NOTES: -

1. Always start a workout with 5 minutes of warm-up
2. Always maintain a neutral spine and neck, avoid any kind of jerk throughout the set, maintain body tightness.
3. Fix your eye gaze at one place while performing
4. Hold the weights/resistance firmly and be confident, Start with minimum weights. Minimum weights are defined as one can able to do 10 repetitions without any difficulty and can push for extra 2-3 repetitions.
5. Be sure to relax when you stretch and breath out when trying to reach a greater ROM
6. The first and second weeks do only 1 set of each workout.
7. Take 30 - 45 seconds break between each set of exercise
8. End the workouts with static stretches and remember to hold each stretch for 15 -20 seconds
9. Drink 100 -150 ml of water for every 15 -20 minutes of exercise
10. Drink 3 - 4 litres of water throughout the day
11. Always read your instructions, if something is not clear, please contact me through watsapp chat
12. 3 days of strength & 3 days of cardio