

## WORKOUT TIPS: - For Better Results

- o Start slowly.
- o Do not exercise for more than one and a half hours at a time.
- o Wear the right shoes and clothes.
- o Stretch before and after exercise.
- o Do not exercise on a heavy stomach.
- o Train each muscle group 2-3 non-consecutive days a week.
- o for beginners, do one set of 8-16 reps of each exercise to fatigue. More advanced exercisers can do 3-4 sets.
- o Consistency is the key to success in any exercise program
- o If your goal is to increase your muscular endurance, you should use lighter weights and perform 10 to 12 repetitions.
- o If your goal is to increase your muscular strength, you should use heavier weights and perform five to eight repetitions.
- o Begin today. You will benefit, regardless of fitness level, age and weight.

### First Day Week Body WORKOUT ( 4 WEEK BEGINNERS )

#### Day 1 Free Body workout

Warm each body joints

Move joint clock and anti-clock

Push-ups OR knee Push-up 3x10-15

Free Squats 2x20

Skipping OR free jump 3x15-20

Standing Twists

**20 seconds Stretch muscles**

#### Day 2 Free Body workout

Warm each body joints

Move joint clock and anti-clock

Push-ups OR knee Push-ups. 3x10-15

Free Squats 2x20

Cardio

Treadmill - Normal walk 5/8 minutes

Cycle - Normal pain-del run 5/8 minutes

Skipping OR free jump 3x15-20

**20 seconds Stretch muscles**

#### Day 3 Free Body workout

Warm each body joints

Move joint clock and anti-clock

Push-ups OR knee Push-up 3x10-15

Free Squats 2x20

Chin up - Normal

Skipping OR free jump 3x15-20

Dumbbells Chest machine 2x20

One Arms Dumbbells 2x20

Latpull- xzCXdown 2x20

Dumbbells Shrug 2x20

**20 seconds Stretch muscles**

#### Day 4 Free BODY workout

Warm each body joints

Move joint clock and anti-clock

Cardio workout walk outside or on the treadmill 10/15 minutes

Cycle Run - Normal. 8/10 minutes

Cross trainer - Normal. 8/10 minutes

Skipping - Normal 3x25

Step up - Normal. 3x25

Twister machine. 3x25

**20 seconds Stretch muscles**

#### Day 5 Free Body Workout

Warm each body joints

Move joint clock and anti-clock

Push-ups OR knee Push-up 3x10-15

Free Squats 2x20

Free Lunges 2x20

Leg Press machine 2x20

Squats Hold - 30/60 sec

**20 seconds Stretch muscles**

#### DAY 6. Body Workout

Warm each body joints

Move joint clock and anti-clock

Push-ups OR knee Push-up 3x10-15

Free Squats 2x20

Chin up - Normal

Skipping OR free jump 3x15-20

Dumbbells Chest machine 2x20

One Arms Dumbbells 2x20

Lat pull-down 2x20

Dumbbells Shrug 2x20

**20 seconds Stretch muscles**

Choose the day as per you like for groups exercise any middle day

ZUMBA, YOGA, ABS, CROSSFIT BATCH

**Sunday Rest Day**