

WORKOUT SCHEDULE

S.No.	Resistance Training Exercise	Sets	Reps	Exercise Tutorial Video Link	Rest
MONDAY					
1	Push Ups	4	10 reps	https://www.youtube.com/watch?v=m5DMuQPiksU	45 seconds
2	Burpees	5	10 reps	https://www.youtube.com/watch?v=wS4OsJ4yzx4	45 seconds
3	Spot running	5	30 seconds	https://www.youtube.com/watch?v=QPfOZ0e30xg	45 seconds
4	Mountain climbers	5	30 seconds	https://www.youtube.com/watch?v=NjmU34zhXvA	45 seconds
5	Plank	4	45 seconds	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
TUESDAY					
1	Jumping jacks	4	45 seconds	https://www.youtube.com/watch?v=7w6M4bOXJ_s	45 seconds
2	Spot running	4	30 seconds	https://www.youtube.com/watch?v=QPfOZ0e30xg	45 seconds
3	Jump squats	5	15 reps	https://www.youtube.com/watch?v=U4s4mEQ5VqU	45 seconds
4	Wall sit	4	15 reps	https://www.youtube.com/watch?v=XULOKw4E4P4	45 seconds
5	Ab Crunches	5	15 reps	https://www.youtube.com/watch?v=5ER5Of4MOPI	45 seconds
6	Plank	4	45 seconds	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
WEDNESDAY -					
1	Push Ups	4	10 reps	https://www.youtube.com/watch?v=m5DMuQPiksU	45 seconds
2	Burpees	5	10 reps	https://www.youtube.com/watch?v=wS4OsJ4yzx4	45 seconds
3	Spot running	5	30 seconds	https://www.youtube.com/watch?v=QPfOZ0e30xg	45 seconds
4	Mountain climbers	4	30 seconds	https://www.youtube.com/watch?v=NjmU34zhXvA	45 seconds
5	Plank	4	45 seconds	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
THURSDAY - REST					
FRIDAY - ARMS					
1	Jumping jacks	4	45 seconds	https://www.youtube.com/watch?v=7w6M4bOXJ_s	45 seconds
2	Spot running	5	30 seconds	https://www.youtube.com/watch?v=QPfOZ0e30xg	45 seconds
3	Jump squats	5	15 reps	https://www.youtube.com/watch?v=U4s4mEQ5VqU	45 seconds

4	Wall sit	4	15 reps	https://www.youtube.com/watch?v=XULOKw4E4P4	45 seconds
5	Ab Crunches	5	15 reps	https://www.youtube.com/watch?v=5ER5Of4MOPI	45 seconds
6	Plank	4	45 seconds	https://www.youtube.com/watch?v=ASdvN_XEI_c	45 seconds
SATURDAY - LEGS					
1	Squats	5	15 reps	https://www.youtube.com/watch?v=acHkVaku9U	45 seconds
2	Sumo Squats	5	15 reps	https://www.youtube.com/watch?v=YX_VOrt2Xco	45 seconds
3	Calf Raises	5	20 reps	https://www.youtube.com/watch?v=gwLzBJYoWll	45 seconds
4	Mountain Climbers	5	30 seconds	https://www.youtube.com/watch?v=ixxk9Qfn61o	45 seconds
5	Side Plank	4	45 seconds each	https://www.youtube.com/watch?v=K2VljzCC16g	45 seconds
SUNDAY - REST					
Before Workout	Warm-up – 5 mins/ stretching Always start your workout with 2 sets of low intensity as a warm up.				
After Workout:	Cool Down – 60 sec normal walk Stretching				