



Core workout

1 Warmup 30 secs each, 3 rounds



Squat knee
to elbow

Squat to press
bodyweight

2 30 secs each, 4 sets



Plank

Toe Touches

Side Plank Left

Side Plank Right



Bicycles

Crunch

Rest 45 secs

3 Full body stretch Hold each stretch for 30 secs



Calves

Hamstrings

Quads

Chest



Back

Shoulder

Triceps