

WARM UP (10 MINS)

- Jumping jacks: 25 reps
- Lateral Steps: 25 reps
- Opposite Hand / Opposite Foot : 25 reps
- Bodyweight squats: 20 reps
- Lunges: 5 reps each leg.
- Hip extensions: 10 reps each side
- Hip rotations: 5 each leg
- Forward leg swings: 10 each leg
- Push-ups: 10-20 reps
- Spider-man steps: 10 reps

Stations: (30 Secs / 30 Secs Rest) 4 Sets (30 MINS)

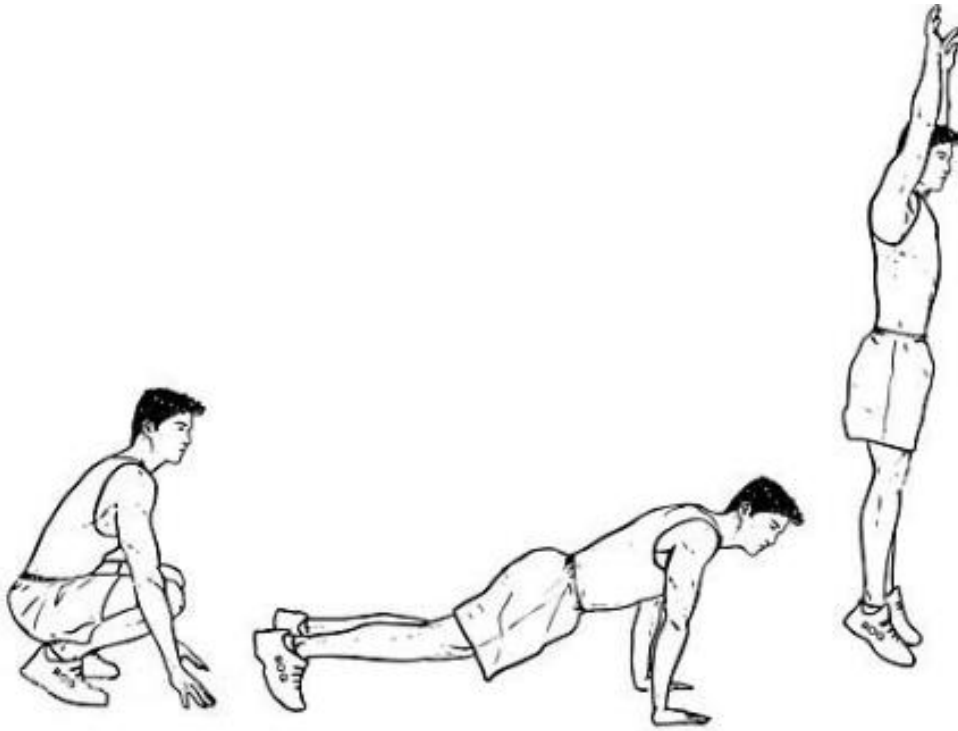
1. Burpees
2. Mountain climbers
3. Plank / Side Plank
4. Hollow Body Hold
5. Russian Twists (Ball between 2)
6. Crunch / Reverse Crunch
7. Long distance jumps / box jumps
8. Dips (2 stools)
9. Bicycle
10. High Knees

Cool Down: (10 MINS)

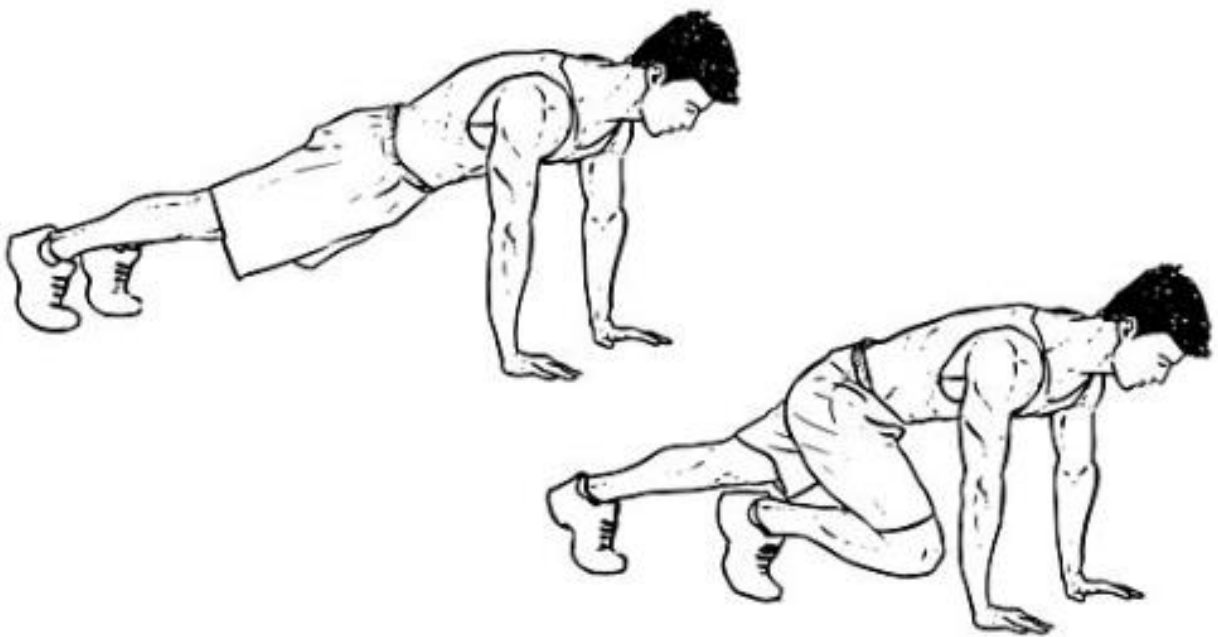
- Stretch up to sky - down to ground
- Left foot 5 secs – Right foot 5 secs
- Knees to Chest
- Roll back hug knees to chest
- Kneel on hunkers Stretch back and forward
- Bottoms of feet together stretch forward

1. Burpees

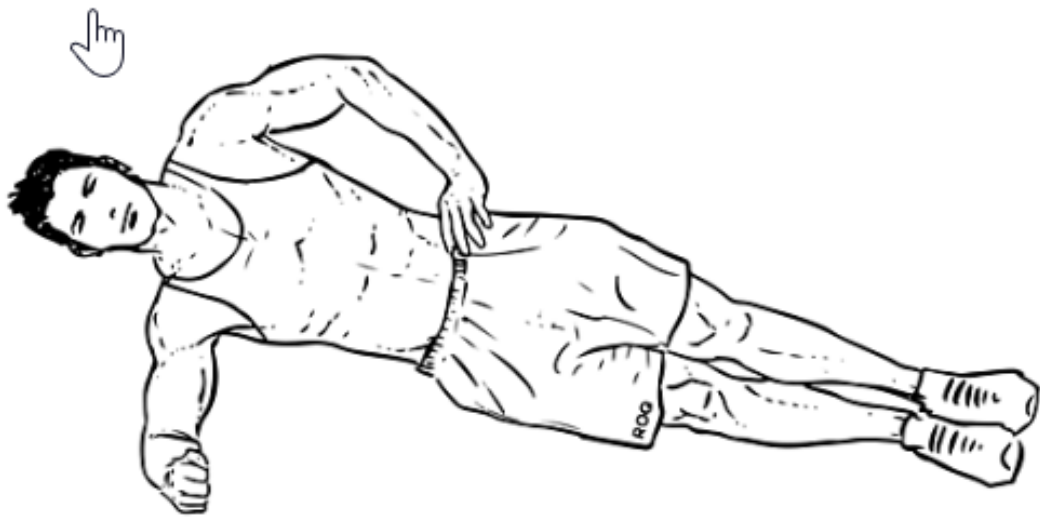
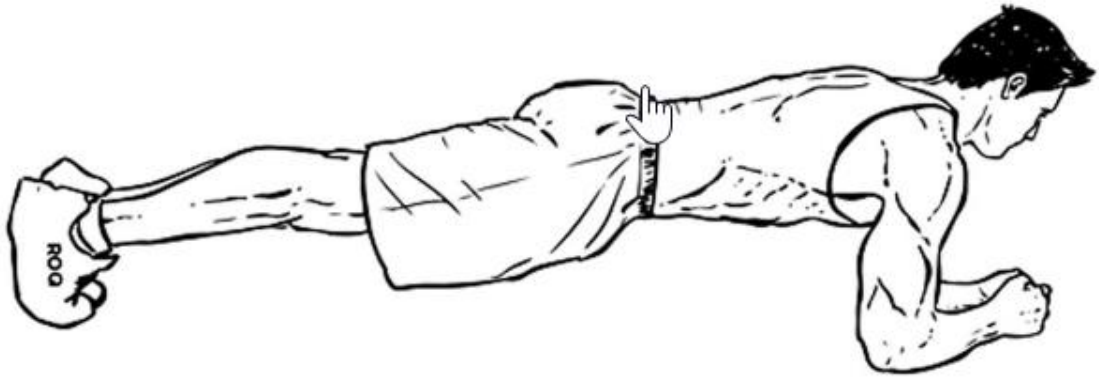
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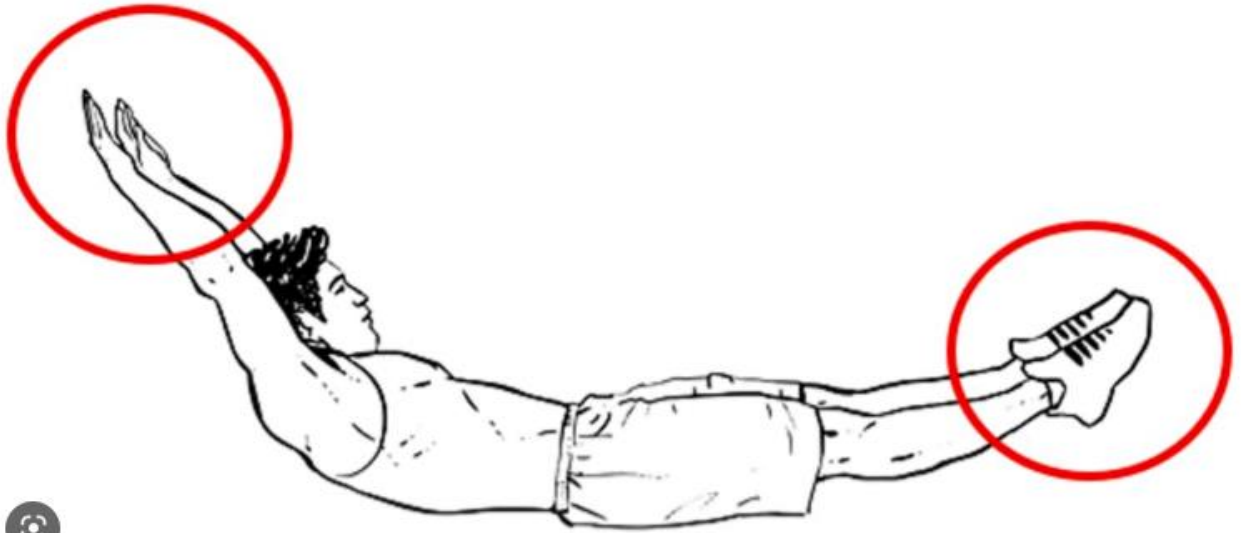
2. Mountain climbers



3. Plank / Side Plank



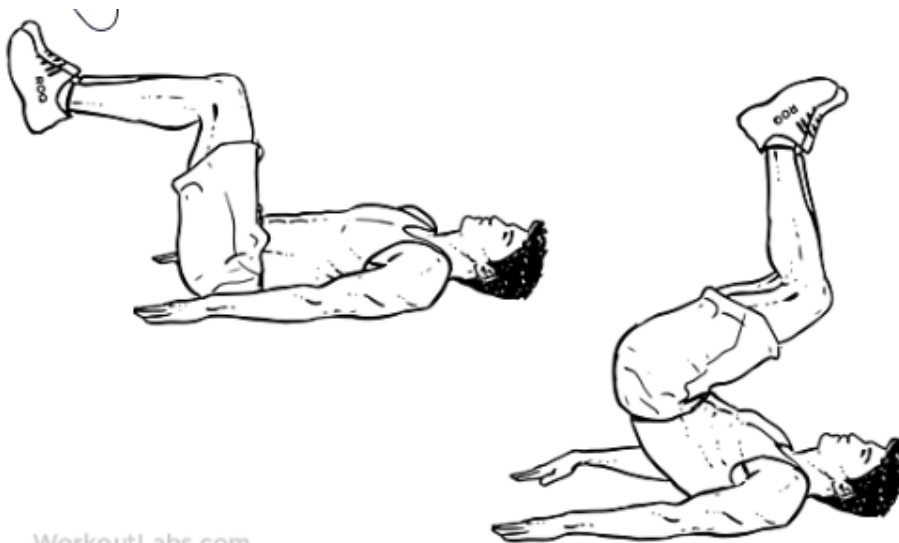
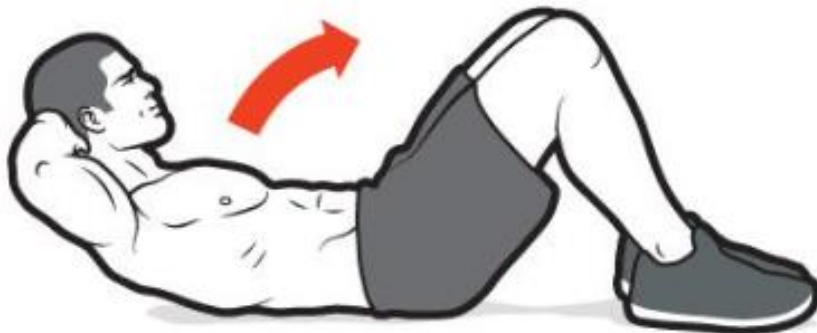
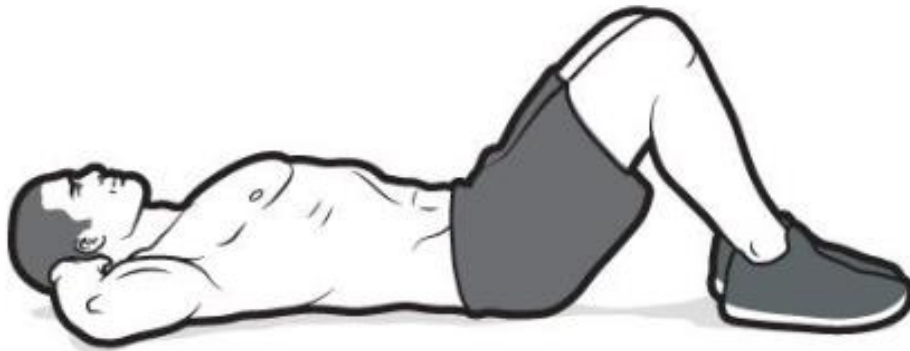
4. Hollow Body Hold



5. Russian Twists (Ball between 2)



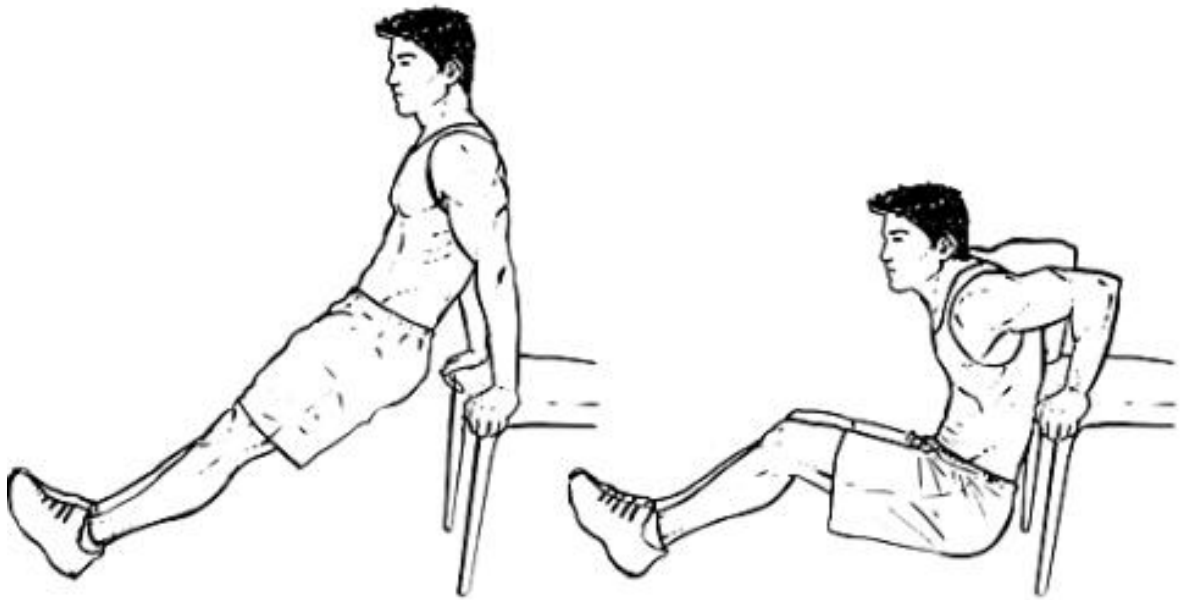
6. Crunch / Reverse Crunch



7. Long distance jumps / box jumps



8. Dips (Chair or stool)



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9. Bicycle



10. High Knees



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