

My Personalized Workout Plan

(Sunday) Day 1: Workout Routine

Warmup

Neck Side-to-Side Rotation	10 reps	1 set
Arm Circle (Level -2)	10 reps	1 set
Standing Torso Twist/Spinal Rotation	10 reps	1 set
Standing Leg / Hip Abduction	10 reps	1 set
Leg Swings	10 reps	1 set
Ankle Rotation	10 reps	1 set
Cat Camel	10 reps	1 set

Workout

High Knees	12 reps	3 sets
Butt Kickers	12 reps	3 sets
Inch Worm	10 reps	3 sets
Jumping Jacks	12 reps	3 sets
Pulse Sumo / Wide Squats	15 reps	3 sets
Plank Tucks	16 reps	3 sets

Cool-down

Neck Statis Stretch	10 sec	1 set
Shoulder Static Stretch	15 sec	1 set
Chest Static Stretch	15 sec	1 set
Abs Static Stretch	15 sec	1 set
Hamstring Static Stretch (Sitting)	15 sec	1 set
Glutes Static Stretch (Lying)	15 sec	1 set
Lower Back Stretch	15 sec	1 set
Quadriceps Static Stretch	15 sec	1 set
Calves Static Stretch	15 sec	1 set

(Monday) Day 2: Workout Routine

Warmup

Neck Side-to-Side Rotation	10 reps	1 set
Arm Circle (Level -2)	10 reps	1 set
Standing Torso Twist/Spinal Rotation	10 reps	1 set
Toe Touch Overhead Reach	10 reps	1 set
Leg Swings	10 reps	1 set
Standing Leg / Hip Abduction	10 reps	1 set
Ankle Rotation	10 reps	1 set

Workout

Dumbbell Romanian Deadlifts	12 reps	3 sets
Standing Calf Raise	20 reps	2 sets
Dynamic Glute Bridge	15 reps	3 sets
Dumbbell Row	12 reps	3 sets
Dumbbell Floor Press	12 reps	3 sets
Dumbbell Lateral Raise	12 reps	3 sets
Dumbbell Curls	15 reps	2 sets
Skull Crushers (Dumbbell)	12 reps	2 sets

Cool-down

Shoulder Static Stretch	20 sec	1 set
Lats Stretch	20 sec	1 set
Hamstrings Static Stretch (Lying)	20 sec	1 set
Glutes Static Stretch (Lying)	20 sec	1 set
Quadriceps Static Stretch (Standing)	20 sec	1 set
Calves Static Stretch	20 sec	1 set

(Tuesday) Day 3: Workout Routine

Warmup

Neck Side-to-Side Rotation	15 reps	1 set
Shoulder Rolls	15 reps	1 set
Arms Scissors	12 reps	1 set
Alternate Toe Touches	12 reps	1 set
Split Jacks	12 reps	2 sets
Spot Jogging	30 sec	2 sets

Workout

Hollow Body (Level - 4)	20 sec	3 sets
Abs Crunch	15 reps	3 sets
Leg Raise	15 reps	3 sets
Supine Heel Touches	15 reps	3 sets
Russian Twist	15 reps	3 sets
Dynamic Superman Back	15 reps	3 sets
Plank	60 sec	3 sets

Cool-down

Neck Static Stretch	20 sec	1 set
Shoulder Static Stretch	20 sec	1 set
Lower Back Static Stretch	20 sec	1 set
Abs Static Stretch	20 sec	1 set
Calves Static Stretch (Cobra Pose)	20 sec	1 set

(Wednesday) Day 4: Workout Routine

Warmup

Neck Side-to-Side Rotation	15 reps	1 set
Arm Circle (Level -2)	15 reps	1 set
Toe Touch Overhead Reach	12 reps	1 set
Alternate Toe Touches	20 reps	1 set
Leg Swings	15 reps	1 set

Workout

Goblet Squats	12 reps	3 sets
Barbell Row	12 reps	3 sets
Dumbbell Flye	12 reps	2 sets
Dumbbell Front Raise	12 reps	2 sets
Dumbbell Overhead Extension	12 reps	2 sets
Dumbbell Hummer Curls	12 reps	2 sets

Cool-down

Shoulder Static Stretch	20 sec	1 set
Chest Static Stretch	20 sec	1 set
Lats Static Stretch	20 sec	1 set
Triceps Static Stretch	20 sec	2 sets
Hamstrings Static Stretch (Lying)	20 sec	1 set
Laying Down Quads Stretch	20 sec	1 set
Calves Static Stretch	20 sec	1 set

(Thursday) Day 5: Off or Rest

If already taken rest for one day

you can continue the exercise of that day

(Friday) Day 6: Workout Routine

Warmup

Neck Side-to-Side Rotation	15 reps	1 set
Shoulder Rolls	15 reps	1 set
Arm Scissors	12 reps	1 set
Alternate Toe Touches	12 reps	1 set
Split Jacks	12 reps	2 sets
Spot Jogging	30 sec	2 sets

Workout

Hollow Body (Level - 4)	20 sec	3 sets
Abs Crunch	15 reps	3 sets
Leg Raise	15 reps	3 sets
Supine Heel Touches	15 reps	3 sets
Russian Twist	15 reps	3 sets
Dynamic Superman Back	15 reps	3 sets
Plank	60 sec	3 sets

Cool-down

Neck Static Stretch	20 sec	1 set
Shoulder Static Stretch	20 sec	1 set
Lower Back Satic Stretch	20 sec	1 set
Abs Static Stretch (Cobra Pose)	20 sec	1 set
Calves Static Stretch	20 sec	1 set

(Saturday) Day 7: Workout Routine

Warmup

Neck Side-to-Side Rotation	10 reps	1 set
Arm Circles (Level - 2)	10 reps	1 set
Standing Torso Twist / Spinal Rotation	10 reps	1 set
Toe Touch Overhead Reach	10 reps	1 set
Leg Swings	10 reps	1 set
Standing Leg / Hip Abduction	10 reps	1 set
Ankle Rotation	10 reps	1 set

Workout

Lunges	10 reps	2 sets
Dumbbell Arnold Press	12 reps	3 sets
Dumbbell Shrugs	12 reps	2 sets
Dumbbell Pull Over	12 reps	3 sets
EZ Barbell Curls	12 reps	3 sets
Back Dips / Bench Dips Basic	15 reps	3 sets

Cool-down

Shoulder Static Stretch	20 sec	1 set
Triceps Static Stretch	20 sec	1 set
Lats Static Stretch	20 sec	1 set
Quadriceps Static Stretch (Standing)	20 sec	1 set
Hamstrings Static Stretch (Lying)	20 sec	1 set
Glutes Static Stretch (Lying)	20 sec	1 set
Calves Static Stretch	20 sec	1 set