

1. BODYWEIGHT EXERCISES

SETS | 2 MIN REST IN BETWEEN...

2 BEGINNER
4 INTERMEDIATE
6 ADVANCED



20	LUNGES
5	SHOULDER PRESSES
10	ONE LEGGED SQUAT
20	SHOULDER TOUCHES
12	PUSH UPS
20	PLANK JUMP-INS
20	SIT UPS
20	SITTING TWISTS
20	TURKISH GET UPS

2. YOGA

YOGA FOR BEGINNERS

40 MINUTE HOME YOGA WORKOUT

HOLD FOR 40 SEC
PAUSE FOR 20 SEC
3 TIMES A WEEK



3. RESISTANCE TRAINING USING HOUSEHOLD OBJECTS

CHAIR LEG RAISE

CHAIR PRESS UP

CHAIR DIPS



BACKPACK LUNGE

BACKPACK SQUAT

WATER BOTTLE
SHOULDER PRESS



4. 20-MINUTE HIIT SESSION BEGINNER

PERFORM AT 70-80% OF MAXIMUM EFFORT

DO EACH SET OF MOVES ONCE WITH GOOD FORM

20 X
SQUATS

20 X
LUNGE

10 X
STEP OUT
BURPEES

10 X
PUSH
UPS

20 X
MOUNTAIN
CLIMBERS
EACH SIDE

40 X
RUNNING
HIGH-KNEES

60 SECONDS REST BETWEEN EACH MOVE

Remote Workers How To Start Home Workout Routine Done For You Services

M Mark



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