

# Corona Home Workout

In addition to the below exercises, try to lead an active lifestyle. Have a daily fixed step target of at least **6000 steps**. Walking indoors would be recommended currently.

## Warmup:

- Jumping jacks: 20 reps
- Bodyweight squats: 15 reps \* 2 sets
- Lunges: 10 reps each leg \* 2 sets
- Glute Bridges: 15 reps
- Hip rotations: 5 each leg
- Forward leg swings: 10 each leg
- Side leg swings: 10 each leg
- Push-ups: 10 reps \* 2 sets

## Beginner's Home Workout:

- Bodyweight Squats: 15 reps
- Push Ups: 10reps
- Walking Lunges: 10 reps each leg
- Dips using a chair or bedside: 10 reps

- Pull ups: 5 reps
- Mountain Climbers: 20 seconds
- Jumping Jacks: 20 seconds
- Crunches: 20 reps
- Russian Twist: 20 reps
- Plank: 60 seconds

*The above workout is a form of **circuit training**, in which all of the above exercises are performed without any rest in between. Take a rest of 2-3 minutes only when one circuit is completed. Perform this circuit 3-4 times on a daily basis.*

## Advanced Home Workout:

- Bulgarian Split Squats\*: 20 reps each leg
- Decline Push Ups (feet on elevated surface): 15reps
- Diamond Push Ups: 15 reps
- Dips using a chair or bedside: 20 reps
- Pull ups: 10 reps
- Superset of Front and Lateral Shoulder Raise\*\*: 15 reps each
- Back Rows and Bicep Curls Superset\*: 10 reps each

- Standing Calf Raises: 20 reps
- Side to side push ups: 15 reps
- Weighted Walking Lunges<sup>\*\*</sup>: 10 reps each leg
- Side Plank: 30 seconds each side
- Plank: 120 seconds

*The above workout is a form of **circuit training**, in which all of the above exercises are performed without any rest in between. Take a rest of 2-3 minutes only when one circuit is completed. Perform this circuit 3-4 times on a daily basis.*

\*Use a heavy loaded school bag for the given exercise.

\*\*Use a heavy cylindrical water filled bottle for the given exercise.

**Good Luck!**

