

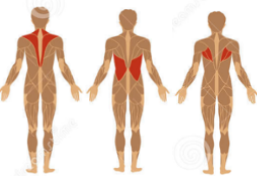
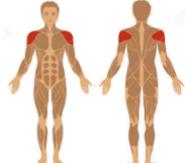





Foundation (101) Workout Plan

Target Muscle Group (It is important to know what muscle you are hitting)	Exercise	Reps	Sets
 <p style="text-align: center;">Legs</p>	Squats	10-12	4
 <p style="text-align: center;">Chest</p>	Flat Chest Press	10-12	4
 <p style="text-align: center;">Back</p>	Barbell OR dumbbell rows	10-12	4
 <p style="text-align: center;">Shoulders</p>	Overhead Shoulder Press	10-12	4
 <p style="text-align: center;">Core</p>	Crunches & Leg raises	20	4

Sets – 4 including warmup set | Rep Range – 8 to 12 | Rest between sets: 60 secs.

Intensity - Weight with which you can perform 10 reps with last 2-3 reps being challenging.



Weekly Routine

Day	Activity	Duration
Monday	Strength Training	45-60 mins
Tuesday	Cardio	20 mins
Wednesday	Strength Training	45-60 mins
Thursday	Cardio	20 mins
Friday	Strength Training	25-60 mins
Saturday	Rest	
Sunday	Sports	30-60 mins

Important Notes

1. Start every exercise with a 5 mins warm-up. Recommended warm-up is to replicate the same movement without external resistance/weights.
2. Conclude the entire workout with a 5 mins cool-down. Recommended cool-down is to stretch all your major muscle groups
3. Keep yourself hydrated during the workout
4. Keep your diet clean – low in processed carbs and sugar, high on healthy fats and protein
5. Sleep at least 7-8 hours (uninterrupted) every night
6. In case during any exercise, there is a feeling of discomfort, sharp striking pain in the target muscle, light headedness, difficulty in breathing; immediately STOP exercise and seek professional help
7. Stay consistent and be patient