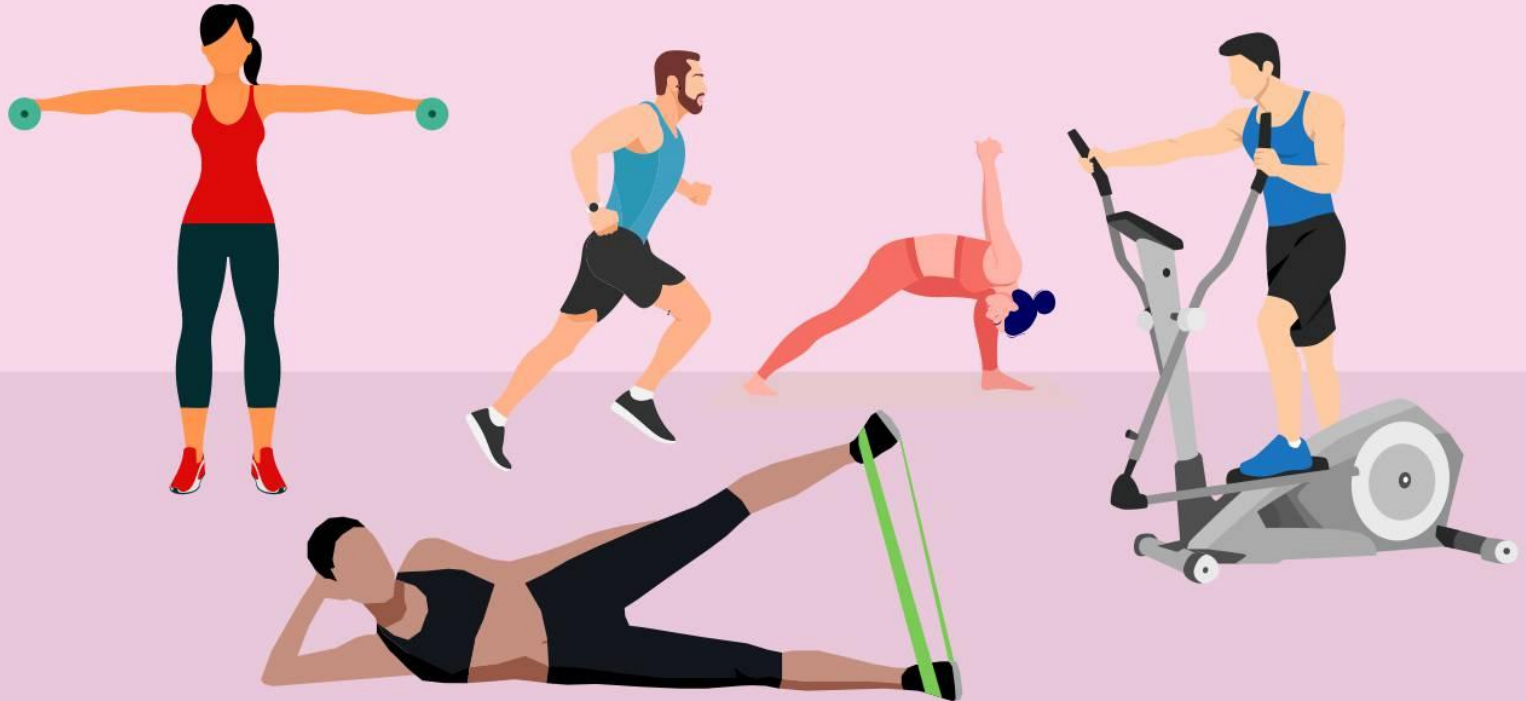
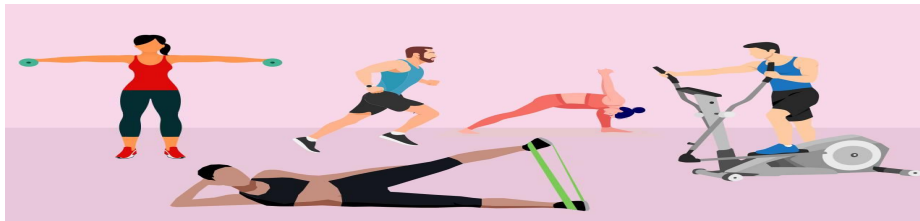




# **21-Day Exercise Routine**



## DAY 1

### Hard

#### Day 1: Hard

- Warm-up: 5 min jog
- Workout:
  - ✓ 3x10 Push-ups
  - ✓ 3x15 Squats
  - ✓ 3x10 Burpees
  - ✓ 3x30 sec Plank
- Cool-down: Stretching

## DAY 2

### Medium

- Warm-up: 5 min brisk walk
- Workout:
  - ✓ 3x12 Dumbbell Shoulder Press
  - ✓ 3x15 Lunges (each leg)
  - ✓ 3x20 Bicycle Crunches
- Cool-down: Stretching

## DAY 3

### Low

- Warm-up: 5 min easy walk
- Workout:
  - ✓ 20 min Yoga or Pilates
- Cool-down: Deep breathing exercises

## DAY 4

### Hard

- Warm-up: 5 min jump rope
- Workout:
  - ✓ 3x10 Pull-ups (or assisted)
  - ✓ 3x15 Deadlifts (moderate weight)
  - ✓ 3x20 Mountain Climbers
- Cool-down: Stretching

## DAY 5

### Medium

- Warm-up: 5 min cycling
- Workout:
  - ✓ 3x12 Tricep Dips
  - ✓ 3x15 Step-ups (each leg)
  - ✓ 3x20 Russian Twists
- Cool-down: Stretching

## DAY 6

### Low

- Warm-up: 5 min gentle walk
- Workout:
  - ✓ 30 min leisurely bike ride or walk
- Cool-down: Stretching

## DAY 7

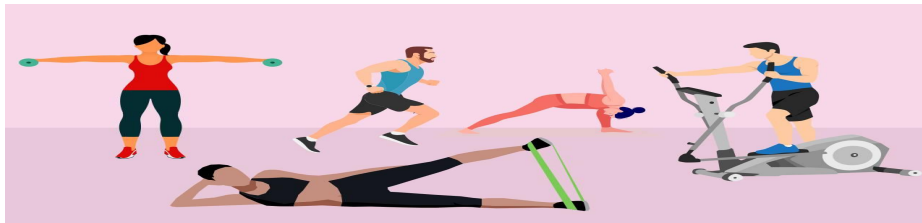
### Rest Day

- ✓ Focus on hydration and light stretching.

## DAY 8

### Hard

- Warm-up: 5 min jog
- Workout:
  - ✓ 4x10 Push-ups
  - ✓ 4x15 Squats
  - ✓ 4x10 Burpees
  - ✓ 4x30 sec Plank
- Cool-down: Stretching



## DAY 9

### Medium

- **Warm-up:** 5 min brisk walk
- **Workout:**
  - ✓ 4x12 Dumbbell Shoulder Press
  - ✓ 4x15 Lunges (each leg)
  - ✓ 4x20 Bicycle Crunches
- **Cool-down:** Stretching

## DAY 10

### Low

- **Warm-up:** 5 min easy walk
- **Workout:**
  - ✓ 20 min Yoga or Pilates
- **Cool-down:** Deep breathing exercises

## DAY 11

### Hard

- **Warm-up:** 5 min jump rope
- **Workout:**
  - ✓ 4x10 Pull-ups (or assisted)
  - ✓ 4x15 Deadlifts (moderate weight)
  - ✓ 4x20 Mountain Climbers
- **Cool-down:** Stretching

## DAY 12

### Medium

- **Warm-up:** 5 min cycling
- **Workout:**
  - ✓ 4x12 Tricep Dips
  - ✓ 4x15 Step-ups (each leg)
  - ✓ 4x20 Russian Twists
- **Cool-down:** Stretching

## DAY 13

### Low

- **Warm-up:** 5 min gentle walk
- **Workout:**
  - ✓ 30 min leisurely bike ride or walk
- **Cool-down:** Stretching

## DAY 14

### Rest Day

- Focus on hydration and light stretching.

## DAY 15

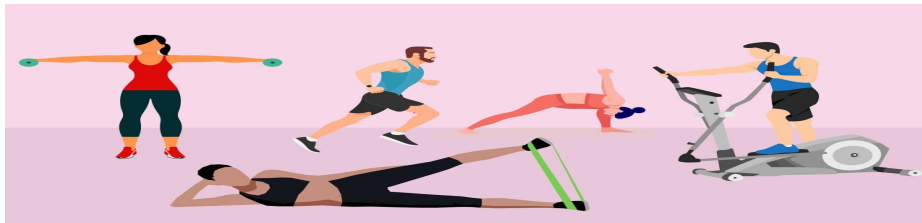
### Hard

- **Warm-up:** 5 min jog
- **Workout:**
  - ✓ 5x10 Push-ups
  - ✓ 5x15 Squats
  - ✓ 5x10 Burpees
  - ✓ 5x30 sec Plank
- **Cool-down:** Stretching

## DAY 16

### Medium

- **Warm-up:** 5 min brisk walk
- **Workout:**
  - ✓ 5x12 Dumbbell Shoulder Press
  - ✓ 5x15 Lunges (each leg)
  - ✓ 5x20 Bicycle Crunches
- **Cool-down:** Stretching



## DAY 17

### Low

- Warm-up: 5 min easy walk
- Workout:
- ✓ 20 min Yoga or Pilates
- Cool-down: Deep breathing exercises

## DAY 18

### Hard

- Warm-up: 5 min jump rope
- Workout:
- ✓ 5x10 Pull-ups (or assisted)
- ✓ 5x15 Deadlifts (moderate weight)
- ✓ 5x20 Mountain Climbers
- Cool-down: Stretching

## DAY 19

### Medium

- Warm-up: 5 min cycling
- Workout:
- ✓ 5x12 Tricep Dips
- ✓ 5x15 Step-ups (each leg)
- ✓ 5x20 Russian Twists
- Cool-down: Stretching

## DAY 20

### Low

- Warm-up: 5 min gentle walk
- Workout:
- ✓ 30 min leisurely bike ride or walk
- Cool-down: Stretching

## DAY 21

### Rest Day

- Celebrate your progress and prepare for the next phase of your fitness journey!

### Tips

- ✚ **Hydration:** Drink plenty of water before, during, and after workouts.
- ✚ **Nutrition:** Maintain a balanced diet to support your exercise routine.
- ✚ **Listen to Your Body:** Adjust the intensity as needed and rest if you feel fatigued.



