



HOME FITNESS REGIME

COVID19 - WHAT ARE WE DEALING WITH WHILE WORKATHOME?

- POOR IMMUNITY
- **PAIN AND STIFFNESS**
- ANXIETY
- **STRESS**

IMPROVE YOUR RESPIRATORY SYSTEM

Take a deep breath in (Inhale through nose) --- Hold 5 sec - Release (Exhale through mouth) - repeat 5 times - 6th breath in - at the end of it cough strongly covering your mouth - end of one cycle - repeat twice - repeat every 3 hourly

- This technique improves your lung function and capacity
- Helps in reducing stress and anxiety and
- also helps as preventive measure to fight any viral attack on your body



CARDIOVASCULAR AND MUSCLE CONDITIONING

SKIPPING

Skipping rope being the most available accessory in all our homes can be the most basic yet very useful exercise method to be used both as;

- as a warm up and
- cardio training



BODY WEIGHTED EXERCISES

CHAIR SQUATS

Squat to strengthen your legs and core, which will make everyday movements easier. Starting with a chair underneath you will help you master proper form.

BREATHE IN AND OUT WITH EACH MOVEMENT



BODY WEIGHTED EXERCISES

STATIONARY LUNGES

Hit your Quads (front thigh muscle), Hamstrings (back thigh muscle), Glutes (buttocks)with a stationary lunge



KNEE PUSHUP



A beginner-style pushup, this move will help you build strength before attempting a standard pushup.

- This workout helps strengthen your weak shoulders using your own bodyweight without using weights
- Start with low repetition counts (5-10) build yourself up as you start easing out with the exercise

BODY WEIGHTED EXERCISES

FOREARM PLANK



A full-body exercise that requires strength and balance, planks put the core into overdrive.

Start with 30-60 sec hold 3 reps and, move your way up as you start easing out

BREATHE IN AND OUT WITHOUT HOLDING ANY BREATHES

BODY WEIGHTED EXERCISES

SIDE ABDUCTION



This is especially the case if you sit all day. Counteracting that with hip-targeting movements will be very beneficial.

Same can be done for either side, the lower leg can also be lifted up once you have done for the upper leg in the same position

BACK EXTENSION

STRECH YOUR BACK



while being prone to bending forward while working on system, back extension plays a pivotal role in countering bending stress on your spine

Repeat every half an hour to one hourly.

KINDLY NOTE:

- REPETITION OF 5 TIMES MORNING AND EVENING
- GRADED EXERCISES PER DAY AND INCREASE
- STOP IF ANY EXERCISE GIVES PAIN
- FOCUS ON DEEP BREATHING TECHNIQUE
- CALL BACK FOR ANY QUERIES OR PROGRESS