

## Workout # 2

### Reminders before you start:

1. Watch the video for a visual explanation on how to perform each exercise.
  - a. Read the key points thoroughly to execute each exercise well.
  - b. You can have the video near you so you can start and pause whenever you need.
2. Have a water bottle and towel with you.
3. Sanitize before and after the workout.
4. Play your favorite playlist.

Note: If you feel uncomfortable/pain doing any of the below exercises, skip the exercise and/or stop working out.

### Activation (less than 15 minutes):

3x

- 6 reps each leg - Step into trunk rotation (Maintain arms in a vertical line for 1-2 seconds)
- 6 reps each leg - Lunge front foot touch (Maintain the hand-toes connection for 1- seconds)
- 6 reps each arm - Chained Squat (Maintain arm above head for 1-2 seconds)
- 1 minute Scapular mobility (Switch wide, medium, and narrow grip by round)
- 10 reps Roll in & out (While brining your feet over head support your body with your hands)

### Warm-up (less than 15 minutes):

2x

- 30 second Square sprint
- 60 second Shoulder flexion
- 30 second Square sprint
- 60 second External rotation
- 30 second Square sprint
- 60 second Shoulder extension
- 12 Reps each leg - Leg swing +into jump (Use the swing momentum to jump higher)

At the end the second round do 100 Abdominal of your choice

### Aerobic workout (between 60-90 minutes):

Repeat the following sets 3 times:

4x

- 12 Reps square sprint with jump
- 12 Reps Bridge
- 20 second rest

1 minute rest

3x

- 8 Reps push up+ side knee/elbow into burpees
- 12 Reps Square sprint
- 4 Reps Jump + 2 side Lunges
- 30 second rest

1 minute rest

3x

- 5 Times Diagonal sprint
- 20 Reps Row
- 8 Reps each Leg- One foot Square jump
- 20 Reps Row
- 8 Reps each Leg- One foot Square jump
- 30 seconds rest