Workout # 3

Reminders before you start:

1. Watch the video for a visual explanation on how to perform each exercise.
   1. Read the key points thoroughly to execute each exercise well.
   2. 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 & Warm-up (20-25 minutes minutes):

2x( do not stop until done with the 2 round of shoulder exercise)

20 reps jumping jacks

5 reps legs swing + glute stretch (each leg)

2 reps leg swing into jump(each leg)

20 reps jumping jacks

4 reps chained squat ( each arm)

10 reps toe-touch

4x

12 reps should flexion 90 degree elbow

30 second quick external rotation

3x

30 seconds Sprint 8 Front-back

30 seconds Jumping jacks

30 seconds Leg swing into jump

30 second Scapular mobility ( narrow the grip by round)

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

Aerobic workout ( 60-70 minutes):

Repeat the following sets 3 times ( Max 10 seconds rest between exercise and 1 minutes rest between round) :

2 minutes ( 1 minutes Square sprint with jump + 1 minutes diagonal sprint)

10 reps bridge

60 seconds of row

3 minutes ( 1.5 minutes Square sprint with jump + 1.5 minutes diagonal sprint)

10 reps Push-up + side knee/elbow into burpees

2 minutes diagonal sprint

60 seconds of row

4 minutes ( 2 minutes Square sprint with jump+ 2 minutes diagonal sprint)

6 reps jump+ 2 side lunges ( 1 rep= jump+ 2 left side lunges + jump+2 right side lunges)

1 minutes one foot square jump ( 30 second each leg)

60 seconds of row