

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.

Note: Feel free to adjust exercises if you don't feel able to do them properly.

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(Color) 1x(Fish)

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 Flutter Kicks of your choice(Color Only)

Aerobic workout (between 60-90 minutes):

Repeat the following sets: 2x (Color) 1x (Fish): **Reminder that you can omit exercises if unable to do them**

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