







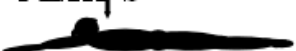











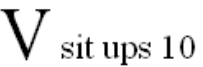
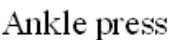




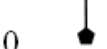
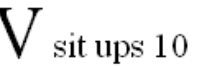


	Monday	✓	Wednesday	✓	Friday	✓	Sunday	✓
Warm up  5 min	Running Jumping Arm swinging Hip circling		Running Tuck & Straddle Jumps Arm & Shoulder Rotations Hip circling		Running Jumping Arm swinging Hip circling		Running Tuck & Straddle Jumps Arm & Shoulder Rotations Hip circling	
Stretch  10 min	Arm's  Japana   Left & right splits		 Bridge   Left & right splits		Arm's  Japana   Left & right splits		 Bridge   Left & right splits	
Strength  10 min	Wrist  Press ups 10 Crunches 10 X 3  Leg lifts Hold 5 sec Repeat 5 times 		Wrist  Dips 10  V sit ups 10  Squats 10 Ankle press 		Wrist  Press ups 10 Back ups 10  Leg lifts Hold 5 sec Repeat 5 times 		Wrist  Dips 10  V sit ups 10  Squats 10 Ankle press 