

Warm-up

1. Rotator cuff stretches 15 Reps
2. Shoulder Circles - 15 Reps Both Arms
3. Jumping - 10-15 Reps

Workout (SET1,2,3)

1. Push-ups - 20 Reps, 20 Reps, 20 Reps
2. Reverse Crunches - 15 Reps, 15 Reps, 15 Reps
3. Regular Crunches - 12 Reps, 12 Reps, 12 Reps
4. Squats - 20 Squats, 20 Squats, 20 Squats
5. Squat Hold - 35 Sec, 25 Sec, 15 Sec
6. Plank Hold – 1 Minute (Only One Time)