

At-Home Workout Plan

1. Lunges

Engage your stomach muscles by drawing your navel back towards your spine. Stand squarely with both feet level, with a broom (or any straight stick) along your back and your hands by your neck and lower back respectively. Take a big step forward so that your front shin and rear thigh are parallel to the floor. Keep your upper body straight and sink low enough for your rear knee to touch the floor. Ear, shoulder, hip and knee should be on one vertical line. Push off and return to the starting position. Make sure you don't lean forward or change your posture. Avoid letting your elbows bend forward.



2 x 10 on each side



2. Squats

Engage your stomach muscles by drawing your navel back towards your spine. Stand as widely apart with your feet as if sitting down to squat. Keep the broom upward making a 45 degree angle to your arms. Stretch out your elbows. Sink low enough for your rear end to touch your heels. Return to starting position. Avoid leaning forward with your upper body, bending your arms or buckling inward with either of your knees.

2 x 15



3. Pushups

Engage your stomach muscles by drawing your navel back towards your spine. Hold yourself above the floor with your hands and toes and keep as good posture as you can. Activate your shoulderblades by pushing them outwards without letting your chest fall forward. Lower yourself as low as you can go while keeping good posture. Return to the initial position. This exercise can also be performed on your knees instead of toes.

2 x 10

4. The cobra

Engage your stomach muscles by drawing your navel back towards your spine. Also keep your buttocks tight throughout the whole movement to protect you from back injuries. Keep your neck neutral and your gaze diagonally forward/downward. Lift your upper body and focus on straightening out your chest. Pull together and lower shoulderblades while rotating your palms outward (thumbs to ceiling). Keep this position for one minute. Then return to the initial position.

1 x 1 min



5. The Plank

Engage your stomach muscles by drawing your navel back towards your spine. Have forearms and toes in contact with the floor and keep a good posture. Activate your shoulderblades by pushing them outwards without letting your chest fall forward. Begin by just being static and keeping this stance for one minute. Then, for 30 seconds each, lift one foot at a time about four inches above the floor.

1 x 1 min