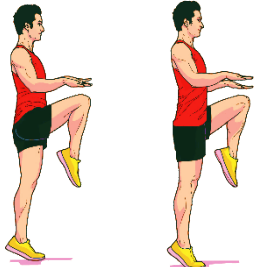

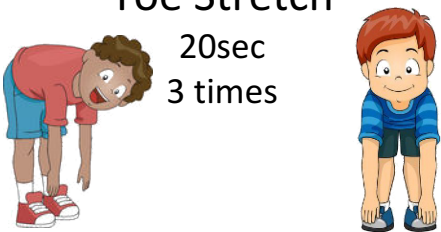
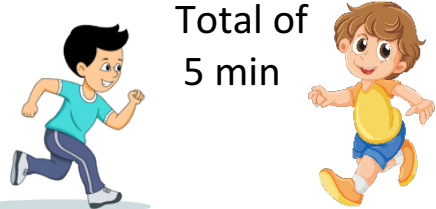

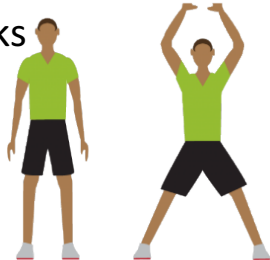

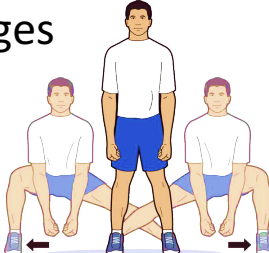
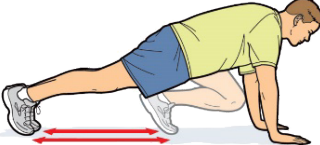

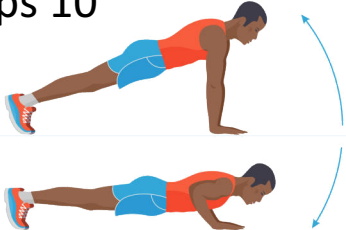
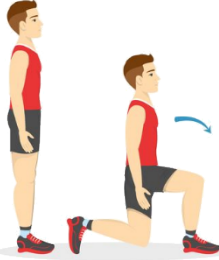

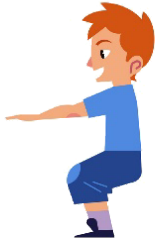


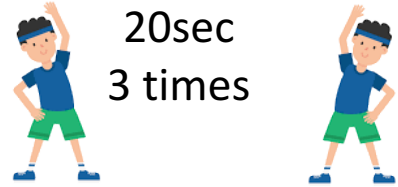
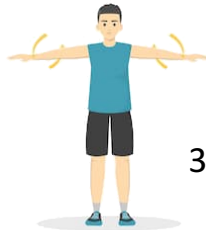
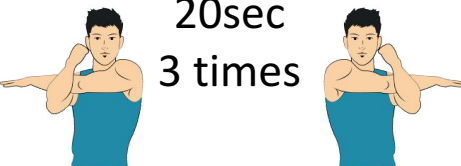

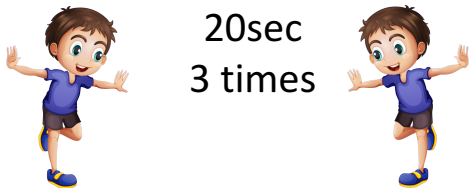


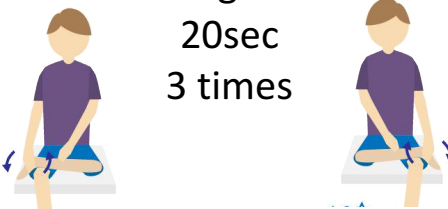


	Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up	High Knees 30 sec 4 sets 	Marching in Place 30 sec 4 sets 	Toe Stretch 20sec 3 times 	Jog 20 sec Walk 40 sec Total of 5 min 	Wind Mill 20sec 3 times 
Cardio	Jumping Jacks 30 sec 4 sets 	Jog in place Or Jog for 3 to 5 mins 	Side Lunges 30 sec 4 sets 	Mountain Climbers 30 sec 4 sets 	Hop on 1 leg 30 sec 4 sets 
Strength	Push-ups 10 2 sets 	Lunges 10 2 sets 	Seat ups- 20 2 sets 	Squats 10 2 sets 	Plank 30 sec 2 sets 
Flexibility	Seat and Reach Hold 10 -15 sec 5 times 	Side Stretch 20sec 3 times 	Arm Circles 30 sec forwards 30 sec backwards 5 times 	Shoulder Stretch 20sec 3 times 	Wall Stretch 20sec 3 times 
Cool down	Balance on One Foot 20sec 3 times 	Hamstring Seated Stretch 20sec 3 times 	Quad Stretch 20sec 3 times 	Chair leg Stretch 20sec 3 times 	Arm lifts <div> 1 2 </div> 20sec 3 times 