

# SKR & SKR GCW(A), KADAPA.

Re-Accredited with NAAC B-Grade.

## DEPARTMENT OF PHYSICAL EDUCATION K. MADAN MOHAN

### Stay Fit and Lead Quality Life Daily Workout Schedule to burn calories and Stay Fit

Day/Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	100 Jumping Jacks	100 Jumping Jacks	100 Jumping Jacks	100 Jumping Jacks	100 Jumping Jacks	100 Jumping Jacks	R E S T
2	40 Lunges	40 Lunges	40 Lunges	40 Lunges	40 Lunges	40 Lunges	
3	40 Squats	40 Squats	40 Squats	40 Squats	40 Squats	40 Squats	
4	100 High Knees	100 High Knees	100 High Knees	100 High Knees	100 High Knees	100 High Knees	
5	40 Butt kickers	40 Butt kickers	40 Butt kickers	40 Butt kickers	40 Butt kickers	40 Butt kickers	
6	20 Side Lunges	20 Side Lunges	20 Side Lunges	20 Side Lunges	20 Side Lunges	20 Side Lunges	
7	30 Leg Lifts (each)	30 Leg Lifts (each)	30 Leg Lifts (each)	30 Leg Lifts (each)	30 Leg Lifts (each)	30 Leg Lifts (each)	
8	100 Crunches	100 Crunches	100 Crunches	100 Crunches	100 Crunches	100 Crunches	
9	Plank Position for 30 Sec to 1 minute	Plank Position for 30 Sec to 1 minute	Plank Position for 30 Sec to 1 minute	Plank for 30 Sec to 1 minute	Plank position for 30 Sec to 1 minute	Plank position for 30 Sec to 1 minute	
10	Run for 10 minutes	Run for 10 minutes (Spot or Minimum Space)	Run for 10 minutes (Spot or Minimum Space)	Run for 10 minutes (Spot or Minimum Space)	Run for 10 minutes (Spot or Minimum Space)	Run for 10 minutes	

All the Stake holders are hereby advised to follow the workout schedule for 20-30 minutes daily. After few days practice the same exercises by increasing repetitions on the ability of the individual. Those who have been suffering with illness are advised to take suggestions from doctor. Also advised to do 12 Surya Namaskaras and meditation early in the morning regularly to keep the body slim and flexible.