

GOGETFIT

— THE RIGHT WAY —

MY WORKOUT PLAN

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  /GOGETFITWITHGOGETFIT



Workout Type: Beginner Gym Workout (Men)

Workout Equipment: Gym Equipment

Workout Plan: 6 Days Workout Plan

Let's Begin This & GOGETFIT

Disclaimer - This video has not been made by a doctor or medical professional. This content is not a medical advice or a personalized treatment plan and is intended for general education and demonstration purpose only. Perform the moves in the content at your own risk.

DAY 1: CHEST + TRICEPS + CORE

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

3. Push Ups



YouTube Link: <https://youtu.be/RNxGczLTN4>

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (CHEST + TRICEPS)

1. Flat Bench Dumbbell Chest Press



YouTube Link: <https://youtu.be/TsSmCsoWbFc>

Number of Sets	Number of Repetition / Duration
4	6 to 12

2. Incline Bench Plate Pinch Press



YouTube Link: <https://youtu.be/AEtevdpdTjM>

Number of Sets	Number of Repetition / Duration
4	8 to 12

3. High to Low Cable Chest Fly



YouTube Link: <https://youtu.be/-5JITcwHk3w>

Number of Sets	Number of Repetition / Duration
4	8 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (CHEST + TRICEPS)

4. Dumbbell Pullover



YouTube Link: <https://youtu.be/uBjUxpHwzhq>

Number of Sets	Number of Repetition / Duration
4	8 to 12

5. Triceps Push Down (Straight Bar)



YouTube Link: <https://youtu.be/H-PrizmBZuk>

Number of Sets	Number of Repetition / Duration
4	10 to 15

6. Triceps Rope Push Down



YouTube Link: <https://youtu.be/FZF4z-zDgo>

Number of Sets	Number of Repetition / Duration
4	10 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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WEIGHT TRAINING (CHEST + TRICEPS)

7. Overhead Triceps Cable Extension (High Pulley)



YouTube Link: <https://youtu.be/j7J5rIZN6xM>

Number of Sets	Number of Repetition / Duration
4	10 to 15

8. Triceps Dumbbell Kickbacks



YouTube Link: <https://youtu.be/mHwsXlfdHbU>

Number of Sets	Number of Repetition / Duration
4	10 to 15

CORE TRAINING

1. Crunches



YouTube Link: <https://youtu.be/AKbG600Sbko>

Number of Sets	Number of Repetition / Duration
3	15 to 25

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

2. Floor Knee Raises



YouTube Link: <https://youtu.be/F5yjrEQ6kKc>

Number of Sets	Number of Repetition / Duration
3	10 to 20

3. Heel Touch



YouTube Link: https://youtu.be/b_35QzYDYW8

Number of Sets	Number of Repetition / Duration
3	15 to 25

4. Flutter kicks



YouTube Link: <https://youtu.be/RAI4BMw7HME>

Number of Sets	Number of Repetition / Duration
3	15 to 25

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

5. Glute Bridge



YouTube Link: <https://youtu.be/Dze5jRGBXHI>

Number of Sets	Number of Repetition / Duration
3	15 to 25

6. Alternate Superman (Swimmer)

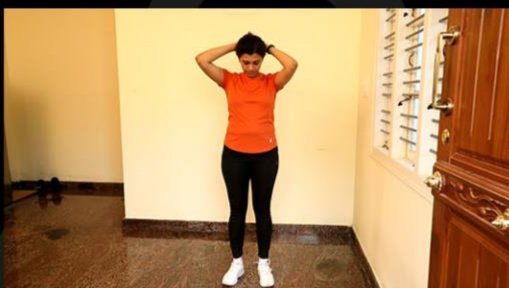


YouTube Link: <https://youtu.be/vVDv69c6deA>

Number of Sets	Number of Repetition / Duration
3	15 to 25

COOL DOWN / STRETCHING

1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 Seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
1	15 Seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKIEQo>

Number of Sets	Number of Repetition / Duration
1	15 Seconds

4. Wall support Torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 Seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 2: BODY WEIGHT + CARDIO

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

BODY WEIGHT

1. Push Ups



YouTube Link: <https://youtu.be/RNxeGczLTN4>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BODY WEIGHT

2. Kneeling Diamond Push Up's



YouTube Link: <https://youtu.be/ZCXjvYlhrq4>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

3. Triceps Bench Dips



YouTube Link: <https://youtu.be/IYw9po4e-bo>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

4. Shoulder Taps



YouTube Link: <https://youtu.be/YScKDbiN7c>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BODY WEIGHT

5. Inchworm



YouTube Link: <https://youtu.be/coH7b2d03Ak>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

6. Bodyweight/Free Squats



YouTube Link: <https://youtu.be/p7BT7bHG1k8>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

CARDIO

1. Treadmil (Run + Walk) or Cycling or Cross Trainer



YouTube Link:

Number of Sets	Number of Repetition / Duration
	20-30 Minutes

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

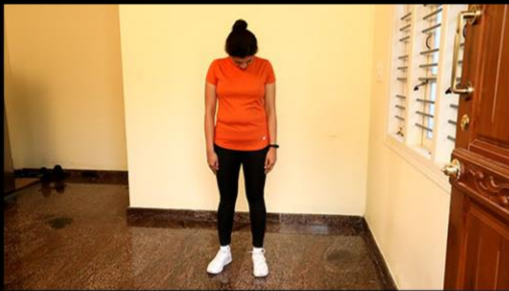
1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 seconds

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
4	15 seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
4	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 3: BACK + BICEPS + CORE

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

3. Push Ups



YouTube Link: <https://youtu.be/RNxGczLTN4>

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BACK / BICEPS

1. Lat Pull Down (Pronated Grip)



YouTube Link: <https://youtu.be/sv25JwKK4dI>

Number of Sets	Number of Repetition / Duration
4	8 to 12

2. Lat Pull Down (Supinated/Reverse Grip)



YouTube Link: <https://youtu.be/xaTWYRGVnE8>

Number of Sets	Number of Repetition / Duration
4	8 to 12

3. Seated Cable Rows (V-grip)



YouTube Link: <https://youtu.be/uSDoWhvpC1c>

Number of Sets	Number of Repetition / Duration
4	8 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BACK / BICEPS

4. Cable Face Pull



YouTube Link: <https://youtu.be/nLu73rxq92g>

Number of Sets	Number of Repetition / Duration
4	8 to 12

5. Seated Dumbbell Biceps Curl



YouTube Link: <https://youtu.be/cv4sjjhPOZc>

Number of Sets	Number of Repetition / Duration
4	10 to 15

6. Close Grip Cable Curl (Straight Bar)



YouTube Link: <https://youtu.be/wJgpxini7cE>

Number of Sets	Number of Repetition / Duration
4	10 to 15

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BACK / BICEPS

7. High Cable curl



YouTube Link: <https://youtu.be/NNDkDSYQ0ww>

Number of Sets	Number of Repetition / Duration
4	8 to 12

8. Standing Dumbbell Hammer Curls



YouTube Link: <https://youtu.be/GvYyjl16pCI>

Number of Sets	Number of Repetition / Duration
4	8 to 12

CORE TRAINING

1. Crunches



YouTube Link: <https://youtu.be/AKbG600Sbko>

Number of Sets	Number of Repetition / Duration
3	15 to 25

Number of Sets - It is a consecutive number of repetition without stopping. GOGETFIT App Available on playstore/App Store

Repetitions - It is one complete motion of exercise

CORE TRAINING

2. Floor Knee Raises



YouTube Link: <https://youtu.be/F5yirEQ6kKc>

Number of Sets	Number of Repetition / Duration
3	10 to 20

3. Heel Touch



YouTube Link: https://youtu.be/b_35QzYDYW8

Number of Sets	Number of Repetition / Duration
3	15 to 25

4. Flutter kicks



YouTube Link: <https://youtu.be/RAI4BMw7HME>

Number of Sets	Number of Repetition / Duration
3	15 to 25

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

5. Glute Bridge



YouTube Link: <https://youtu.be/Dze5iRGBXHI>

Number of Sets	Number of Repetition / Duration
3	15 to 25

6. Alternate Superman (Swimmer)

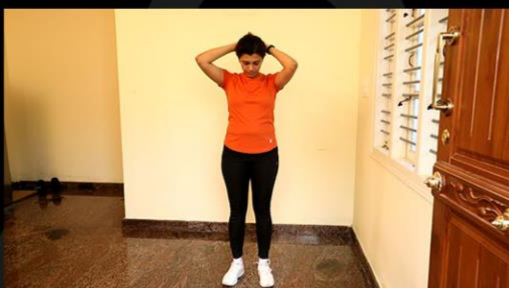


YouTube Link: <https://youtu.be/vVDv69c6deA>

Number of Sets	Number of Repetition / Duration
3	15 to 25

COOL DOWN / STRETCHING

1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 Seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
1	15 Seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
1	15 Seconds

4. Wall support Torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 Seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 4: BODY WEIGHT + CARDIO

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

BODY WEIGHT

1. Push Ups



YouTube Link: <https://youtu.be/RNxeGczLTN4>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BODY WEIGHT

2. Kneeling Diamond Push Up's



YouTube Link: <https://youtu.be/ZCXjvYlhrq4>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

3. Triceps Bench Dips



YouTube Link: <https://youtu.be/IYw9po4e-bo>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

4. Shoulder Taps



YouTube Link: https://youtu.be/_YScKDbiN7c

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BODY WEIGHT

5. Inchworm



YouTube Link: <https://youtu.be/coH7b2d03Ak>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

6. Bodyweight/Free Squats



YouTube Link: <https://youtu.be/p7BT7bHG1k8>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

CARDIO

1. Treadmil (Run + Walk) or Cycling or Cross Trainer



YouTube Link:

Number of Sets	Number of Repetition / Duration
	20-30 Minutes

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 seconds

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
4	15 seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
4	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 5: LEGS + SHOULDER + CORE

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

3. Bodyweight/Free Squats



YouTube Link: <https://youtu.be/p7BT7bHG1k8>

Number of Sets	Number of Repetition / Duration
3	10 to 20

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

GOGETFIT App Available on playstore/App Store



LEG / SHOULDER

1. Smith Machine Squats



YouTube Link: <https://youtu.be/jdXqD-G9BhE>

Number of Sets	Number of Repetition / Duration
4	8 to 12

2. Dumbbell Sumo Squat



YouTube Link: <https://youtu.be/WJdkF5Yr5vI>

Number of Sets	Number of Repetition / Duration
4	8 to 12

3. Leg extension



YouTube Link: <https://youtu.be/RInpMVT9S-I>

Number of Sets	Number of Repetition / Duration
4	8 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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LEG / SHOULDER

4. Lying Leg Curls



YouTube Link: <https://youtu.be/DqJstzoFXvQ>

Number of Sets	Number of Repetition / Duration
4	8 to 12

5. Standing Calf Raise



YouTube Link: <https://youtu.be/ERNSQOHTuSQ>

Number of Sets	Number of Repetition / Duration
4	10 to 12

6. Seated Dumbbell Shoulder Press



YouTube Link: <https://youtu.be/M9atde4MK0s>

Number of Sets	Number of Repetition / Duration
4	6 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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LEG / SHOULDER

7. Seated Lateral Raises



YouTube Link: <https://youtu.be/JGke-uuTdyI>

Number of Sets	Number of Repetition / Duration
4	8 to 12

8. Front Plate Raises



YouTube Link: <https://youtu.be/YjPshQYoOpY>

Number of Sets	Number of Repetition / Duration
4	8 to 12

9. Dumbbell Shoulder Shrugs



YouTube Link: <https://youtu.be/jJhwOrTipnc>

Number of Sets	Number of Repetition / Duration
4	10 to 12

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

1. Crunches



YouTube Link: <https://youtu.be/AKbG600Sbko>

Number of Sets	Number of Repetition / Duration
3	15 to 25

2. Floor Knee Raises



YouTube Link: <https://youtu.be/F5yjrEQ6kKc>

Number of Sets	Number of Repetition / Duration
3	10 to 20

3. Heel Touch



YouTube Link: https://youtu.be/b_35QzYDYW8

Number of Sets	Number of Repetition / Duration
3	15 to 25

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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CORE TRAINING

4. Flutter kicks



YouTube Link: <https://youtu.be/RAI4BMw7HME>

Number of Sets	Number of Repetition / Duration
3	15 to 25

5. Glute Bridge



YouTube Link: <https://youtu.be/Dze5jRGBXHI>

Number of Sets	Number of Repetition / Duration
3	15 to 25

6. Alternate Superman (Swimmer)



YouTube Link: <https://youtu.be/vVDv69c6deA>

Number of Sets	Number of Repetition / Duration
3	15 to 25

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

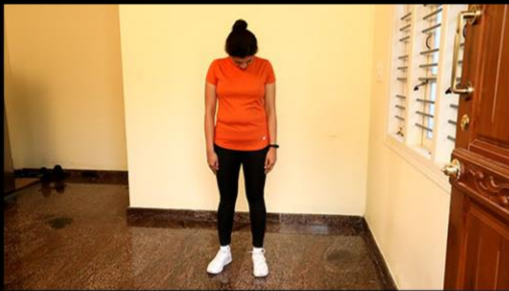
1. Neck Flexion (Forward bending)



YouTube Link: <https://youtu.be/2rD62uNWvkc>

Number of Sets	Number of Repetition / Duration
1	15 seconds

2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
4	15 seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
4	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 6: BODY WEIGHT + CARDIO

WARMUP

1. Wind Mill



YouTube Link: <https://youtu.be/FHsOLS2sG4o>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

2. Jumping Jacks



YouTube Link: <https://youtu.be/CukgMWv-Zco>

Number of Sets	Number of Repetition / Duration
3	30 Seconds

BODY WEIGHT

1. Push Ups



YouTube Link: <https://youtu.be/RNxGczLTN4>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BODY WEIGHT

2. Kneeling Diamond Push Up's



YouTube Link: <https://youtu.be/ZCXjvYlhrq4>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

3. Triceps Bench Dips



YouTube Link: <https://youtu.be/IYw9po4e-bo>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

4. Shoulder Taps



YouTube Link: <https://youtu.be/YSCkDbiN7c>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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BODY WEIGHT

5. Inchworm



YouTube Link: <https://youtu.be/coH7b2d03Ak>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

6. Bodyweight/Free Squats



YouTube Link: <https://youtu.be/p7BT7bHG1k8>

Number of Sets	Number of Repetition / Duration
4	Max (Until Failure)

CARDIO

1. Treadmil (Run + Walk) or Cycling or Cross Trainer



YouTube Link:

Number of Sets	Number of Repetition / Duration
	20-30 Minutes

Number of Sets - It is a consecutive number of repetition without stopping.

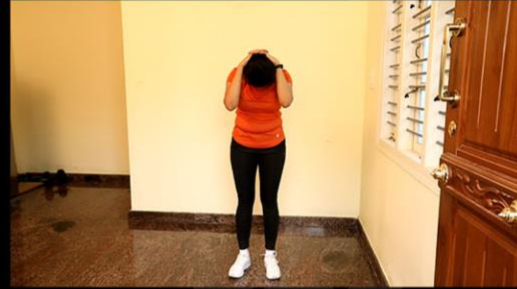
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COOL DOWN / STRETCHING

1. Neck Flexion (Forward bending)



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Number of Sets	Number of Repetition / Duration
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2. Neck Rotation (Clockwise and Anticlock wise)



YouTube Link: <https://youtu.be/aAtm9wIM2GU>

Number of Sets	Number of Repetition / Duration
4	15 seconds

3. Supine Spinal Twist



YouTube Link: <https://youtu.be/CeTH9kKiEQo>

Number of Sets	Number of Repetition / Duration
4	15 seconds

Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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COOL DOWN / STRETCHING

4. Wall support torso stretch



YouTube Link: https://youtu.be/sJa15Tz_0hE

Number of Sets	Number of Repetition / Duration
1	15 seconds

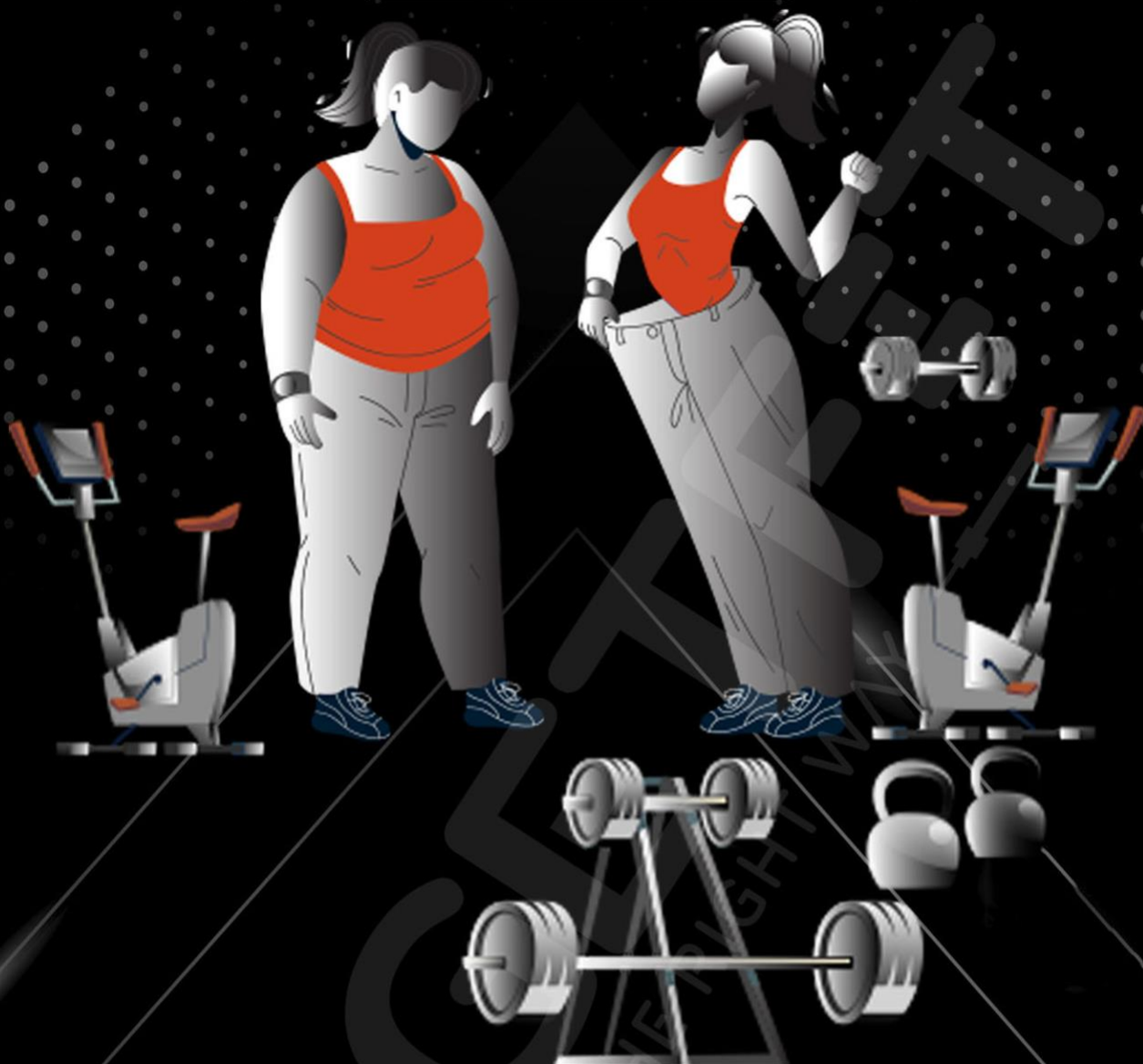
Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

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DAY 7: REST DAY



Don't make it a lazy day. Go hit those 10k steps.

**Got queries regarding your workout plan/your form?
Click below to post your queries on our official community
and get it cleared form GOGETFIT experts**



Group

<https://www.facebook.com/groups/759591404539390/>

GOGETFIT

— THE RIGHT WAY —

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