

# GOGETFIT

— THE RIGHT WAY —

## MY WORKOUT PLAN

GO GET YOUR COACH FOR CUSTOM PLANS - GOGETFIT

  /GOGETFITWITHGOGETFIT



**Workout Type:** Beginner Gym Workout (Women)

**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. Kneeling Push Ups



YouTube Link: <https://youtu.be/2057hCJO2co>

| 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



## 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

GOGETFIT App Available on playstore/App Store



## 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/FZFIZ4-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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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](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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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](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

GOGETFIT App Available on playstore/App Store



## 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. Kneeling Push Ups



YouTube Link: <https://youtu.be/2057hCJO2co>

| 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



**COOL DOWN / STRETCHING**

**4. Wall support torso stretch**



YouTube Link: [https://youtu.be/sJa15Tz\\_0hE](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

GOGETFIT App Available on playstore/App Store



## 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. Kneeling Push Ups



YouTube Link: <https://youtu.be/2057hCJO2co>

| 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



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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](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

GOGETFIT App Available on playstore/App Store



## 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)

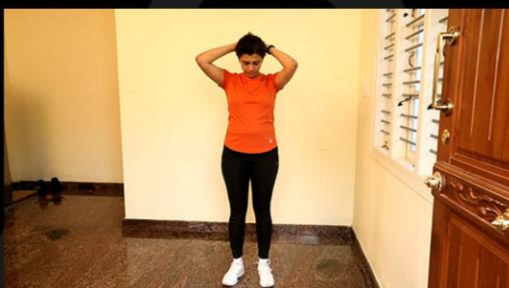


YouTube Link: <https://youtu.be/vVDv69c6deA>

| 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

GOGETFIT App Available on playstore/App Store



## 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](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

GOGETFIT App Available on playstore/App Store



## 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. Kneeling Push Ups



YouTube Link: <https://youtu.be/2057hCJO2co>

| 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## COOL DOWN / STRETCHING

### 4. Wall support torso stretch



YouTube Link: [https://youtu.be/sJa15Tz\\_0hE](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

GOGETFIT App Available on playstore/App Store



### 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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](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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



**COOL DOWN / STRETCHING**

**4. Wall support torso stretch**



YouTube Link: [https://youtu.be/sJa15Tz\\_0hE](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

GOGETFIT App Available on playstore/App Store



## 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. Kneeling Push Ups



YouTube Link: <https://youtu.be/2057hCJO2co>

| 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



## 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

GOGETFIT App Available on playstore/App Store



**COOL DOWN / STRETCHING**

**4. Wall support torso stretch**



YouTube Link: [https://youtu.be/sJa15Tz\\_0hE](https://youtu.be/sJa15Tz_0hE)

| Number of Sets | Number of Repetition / Duration |
|----------------|---------------------------------|
| 1              | 15 seconds                      |

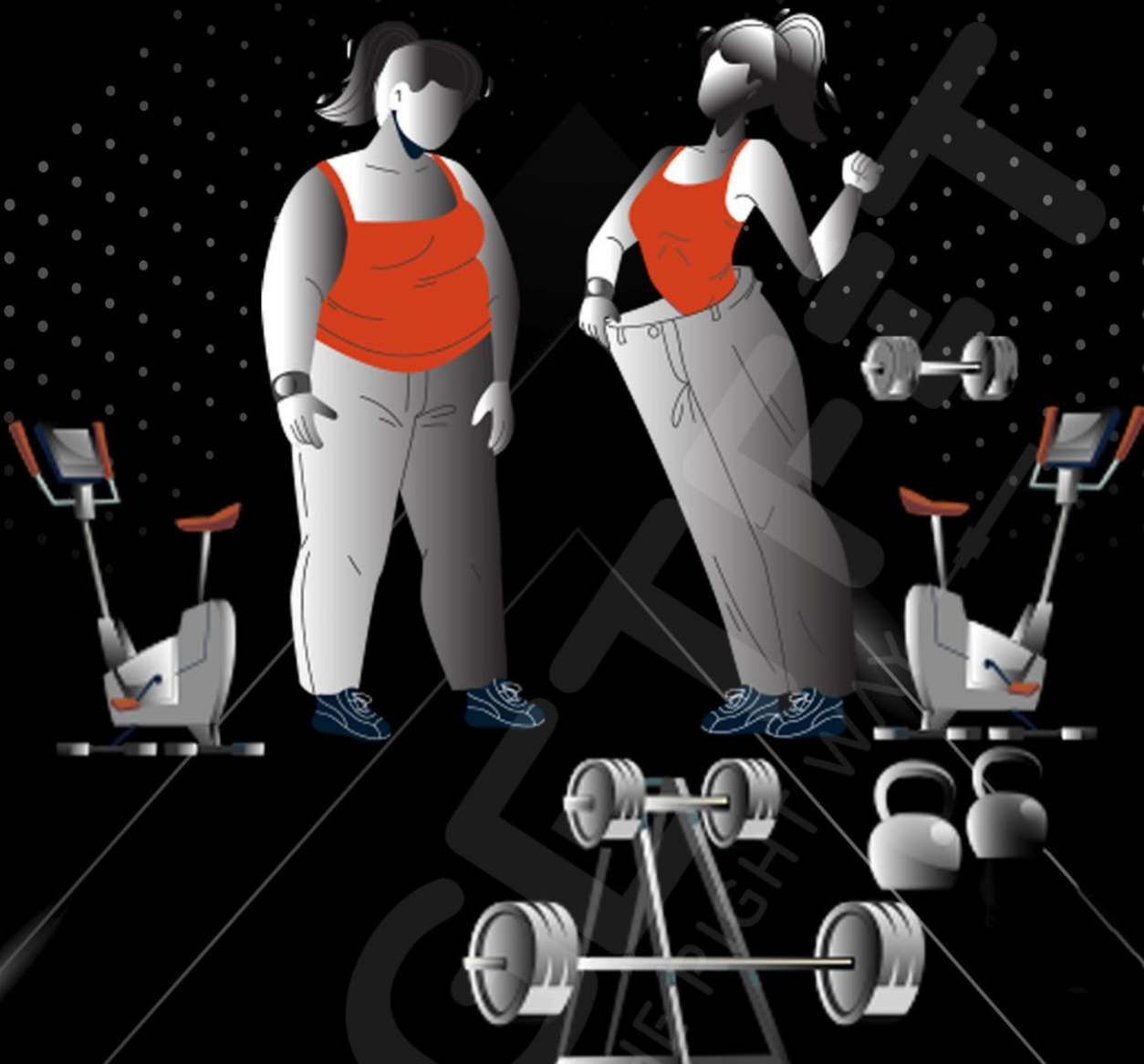
Number of Sets - It is a consecutive number of repetition without stopping.

Repetitions - It is one complete motion of exercise

GOGETFIT App Available on playstore/App Store



### 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/>

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



# GOGETFIT

— THE RIGHT WAY —

Follow us on:



Page <https://www.facebook.com/GOGETFITWITHGOGETFIT/>



Page <https://www.instagram.com/gogetfitwithgogetf>



Page <https://www.linkedin.com/company/gogetfitwithgogetfit/>



Website <https://www.gogetfitonline.com/>

Download GOGETFIT App:



GET IT ON  
**Google Play**



Available on the  
**App Store**