

# GOGETFIT

— THE RIGHT WAY —

## MY WORKOUT PLAN

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**Workout Type:** Home Workout (Women)

**Workout Equipment:** Pair of Dumbbell

**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	15 to 20

**2. Jumping Jacks**



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

Number of Sets	Number of Repetition / Duration
3	15 to 20

**3. High Knees**



YouTube Link: <https://youtu.be/86jGUOLM85w>

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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**WARMUP**

**4. Kneeling Push Ups**



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

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

**WEIGHT TRAINING (CHEST + TRICEPS)**

**1. Dumbbell Floor Press**



YouTube Link: <https://youtu.be/kGwsmzBAPk4>

Number of Sets	Number of Repetition / Duration
4	12 to 15

**2. Floor Plate/Pinch Press**



YouTube Link: <https://youtu.be/vguOwVuSo3g>

Number of Sets	Number of Repetition / Duration
4	12 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)**

**3. Incline Push Ups**



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

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

**4. Dumbbell floor pullover**



YouTube Link: <https://youtu.be/MdsxJ1Zrpaw>

Number of Sets	Number of Repetition / Duration
4	12 to 15

**5. Lying dumbbell triceps press**



YouTube Link: <https://youtu.be/ZW13gbX3hOM>

Number of Sets	Number of Repetition / Duration
4	12 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)**

**6. Standing Overhead dumbbell Triceps Extension**



YouTube Link: <https://youtu.be/d3VN9-JaQHk>

Number of Sets	Number of Repetition / Duration
4	12 to 15

**7. Lying Dumbbell Floor Triceps Extension**



YouTube Link: [https://youtu.be/n9\\_JaCSzZq8](https://youtu.be/n9_JaCSzZq8)

Number of Sets	Number of Repetition / Duration
4	12 to 15

**8. Triceps Bench Dips**



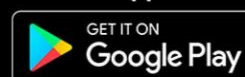
YouTube Link: <https://youtu.be/IYw9po4e-bo>

Number of Sets	Number of Repetition / Duration
4	12 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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**CORE TRAINING**

**1. Crunches**



YouTube Link: <https://youtu.be/AKbG60OSbko>

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

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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)**



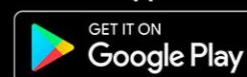
YouTube Link: <https://youtu.be/vVDv69c6deA>

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

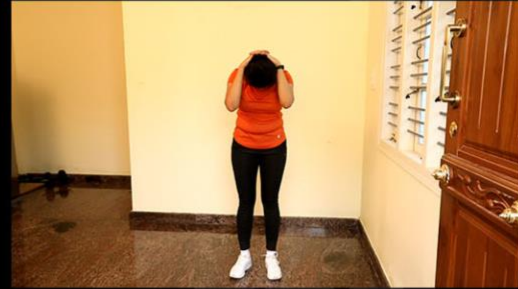
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**COOL DOWN / STRETCHING**

**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.

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Repetitions - It is one complete motion of exercise



**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

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**DAY 2: BACK + BICEPS + CARDIO**

**WARMUP**

**1. Wind Mill**



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

Number of Sets	Number of Repetition / Duration
3	15 to 20

**2. Jumping Jacks**



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

Number of Sets	Number of Repetition / Duration
3	15 to 20

**3. High Knees**



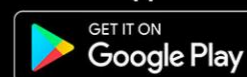
YouTube Link: <https://youtu.be/86jGUOLM85w>

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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**WARMUP**

**4. Kneeling Push Ups**



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

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

**WEIGHT TRAINING (BACK + BICEPS)**

**1. Reverse/curl Grip Bent Over Rows**



YouTube Link: [https://youtu.be/KNt0I8d\\_nF0](https://youtu.be/KNt0I8d_nF0)

Number of Sets	Number of Repetition / Duration
4	12 to 15

**2. Neutral Grip Dumbbell Bent Over Rows**



YouTube Link: <https://youtu.be/wCBZ9nVK7Dk>

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 (BACK + BICEPS)**

**3. Dumbbell Bent Over Delt Flies**



YouTube Link: <https://youtu.be/7pK1TDpMDdc>

Number of Sets	Number of Repetition / Duration
4	12 to 18

**4. Seated bent over lateral raises**



YouTube Link: [https://youtu.be/h77k\\_Ei\\_mwA](https://youtu.be/h77k_Ei_mwA)

Number of Sets	Number of Repetition / Duration
4	12 to 15

**5. Dumbbell Shrugs**



YouTube Link: [https://youtu.be/d0ne\\_22afLE](https://youtu.be/d0ne_22afLE)

Number of Sets	Number of Repetition / Duration
4	12 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 (BACK + BICEPS)**

**6. Standing Alternate Biceps Curl**



YouTube Link: <https://youtu.be/VREFnbZdbe0>

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

**7. Dumbbell Plate Curl**



YouTube Link: <https://youtu.be/acXi9vZY1uw>

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

**8. Dumbbell Concentration curls (Perform both arm in turn)**



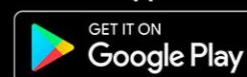
YouTube Link: <https://youtu.be/NTa1eIPaPL0>

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 (BACK + BICEPS)**

**9. Standing Alternate Hammer Curl**



YouTube Link: <https://youtu.be/593puucjFtk>

Number of Sets	Number of Repetition / Duration
4	12 to 15

**CARDIO**

**1. Outdoor walk+run**



YouTube Link:

Number of Sets	Number of Repetition / Duration
	15 TO 20 Minutes

**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
4	15 seconds

**3. Supine Spinal Twist**



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

Number of Sets	Number of Repetition / Duration
4	15 seconds

**4. Wall support torso stretch**



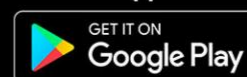
YouTube Link: [https://youtu.be/sJa15Tz\\_0hE](https://youtu.be/sJa15Tz_0hE)

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

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**DAY 3: LEGS + SHOULDER + CORE**

**WARMUP**

**1. Wind Mill**



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

Number of Sets	Number of Repetition / Duration
3	15 to 20

**2. Jumping Jacks**



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

Number of Sets	Number of Repetition / Duration
3	15 to 20

**3. High Knees**



YouTube Link: <https://youtu.be/86jGUOLM85w>

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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**WARMUP**

**4. Kneeling Push Ups**



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

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

**WEIGHT TRAINING (LEGS + SHOULDER)**

**1. Sumo squats**



YouTube Link: <https://youtu.be/XJm3mMHYM-4>

Number of Sets	Number of Repetition / Duration
4	12 to 15

**2. Goblet Squats**



YouTube Link: <https://youtu.be/brR4TzK6opY>

Number of Sets	Number of Repetition / Duration
4	12 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 (LEGS + SHOULDER)**

**3. Dumbbell Reverse Lunges**



YouTube Link: <https://youtu.be/dhFd4OSk8gl>

Number of Sets	Number of Repetition / Duration
4	12 to 15

**4. Dumbbell Romanian Deadlift**



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

Number of Sets	Number of Repetition / Duration
4	12 to 15

**5. Seated shoulder press**



YouTube Link: <https://youtu.be/DsahyRUL-Uw>

Number of Sets	Number of Repetition / Duration
4	12 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 (LEGS + SHOULDER)**

**6. Seated lateral raises**



YouTube Link: <https://youtu.be/RfivE3gOcmE>

Number of Sets	Number of Repetition / Duration
4	12 to 15

**7. Seated dumbbell front raises**



YouTube Link: [https://youtu.be/fY4A7rZ\\_PQc](https://youtu.be/fY4A7rZ_PQc)

Number of Sets	Number of Repetition / Duration
4	15 to 20

**8. Standing Calf Raise**



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

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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**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/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

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)**



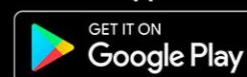
YouTube Link: <https://youtu.be/vVDv69c6deA>

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**

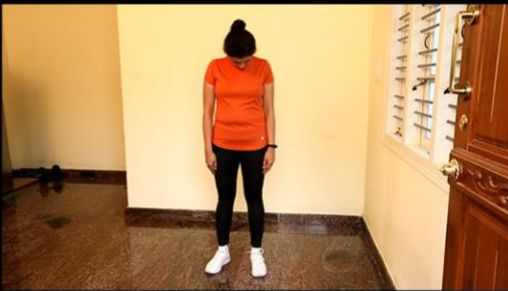
**1. Neck Flexion (Forward bending)**



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](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: CHEST + TRICEPS + CORE**

**REPEAT DAY 1**

**DAY 5: BACK + BICEPS + CARDIO**

**REPEAT DAY 2**

**DAY 6: LEGS + SHOULDER + CORE**

**REPEAT DAY 3**

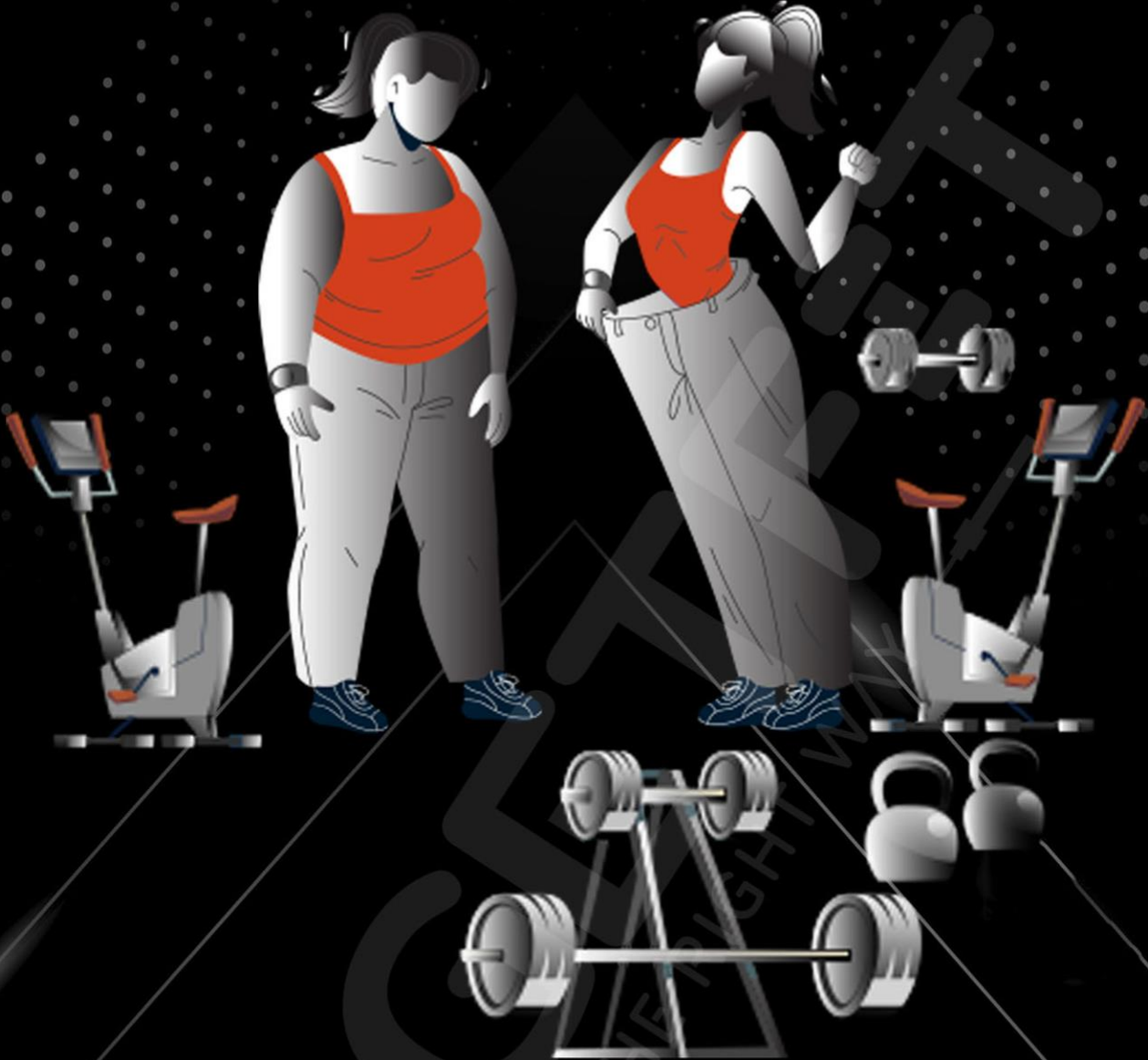
Number of Sets - It is a consecutive number of repetition without stopping.

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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/>

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

**Repetitions - It is one complete motion of exercise**

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