

# GOGETFIT

— THE RIGHT WAY —

## MY WORKOUT PLAN

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

**Workout Equipment:** Resistance Band

**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. Resistance Band Floor Chest Press



YouTube Link: <https://youtu.be/Dc9Tw8Cgo2I>

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

### 2. Resistance Band Reverse Grip Floor Chest Press



YouTube Link: [https://youtu.be/QLs\\_7A2s8gM](https://youtu.be/QLs_7A2s8gM)

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. Resistance Band Standing Pinch Press



YouTube Link: [https://youtu.be/\\_ooi5Z1LII](https://youtu.be/_ooi5Z1LII)

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

### 4. Resistance Band High to Low Flies



YouTube Link: <https://youtu.be/laeOR9gDUz0>

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

### 5. Resistance Band Triceps push down



YouTube Link: <https://youtu.be/C6zBsxxhZJA4>

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. Resistance Band Triceps side push down



YouTube Link: <https://youtu.be/q3l-4v89mLE>

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

### 7. Resistance Band Reverse grip Triceps push down



YouTube Link: <https://youtu.be/ERwD5qn1YUA>

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

### 8. Resistance Band Triceps kick backs



YouTube Link: <https://youtu.be/q4GoU1Ss4Ak>

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.

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 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. Resistance Band Curl grip bent over rows



YouTube Link: <https://youtu.be/PObvMdid9-Y>

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

### 2. Resistance Band Lat Pull down



YouTube Link: <https://youtu.be/73Afj7MVuWU>

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. Resistance Band Reverse grip lat pull down



YouTube Link: <https://youtu.be/VKflxUSb-u0>

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

### 4. Resistance Band Face pull



YouTube Link: [https://youtu.be/jn-DsN\\_IDM8](https://youtu.be/jn-DsN_IDM8)

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

### 5. Resistance Band Shrugs



YouTube Link: <https://youtu.be/3fV2PQ5dJn4>

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. Resistance Band Alternate Biceps Curls



YouTube Link: <https://youtu.be/kIA5M1g2t3M>

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

### 7. Resistance Band Close Curls



YouTube Link: <https://youtu.be/ATiZlb6XUhm>

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

### 8. Resistance Band High cable curls



YouTube Link: <https://youtu.be/9CnPYa4BDpI>

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. Resistance Band Alternate hammer curls



YouTube Link: <https://youtu.be/Kl1cPj-wKuU>

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

## CARDIO

### 1. Outdoor walk+run

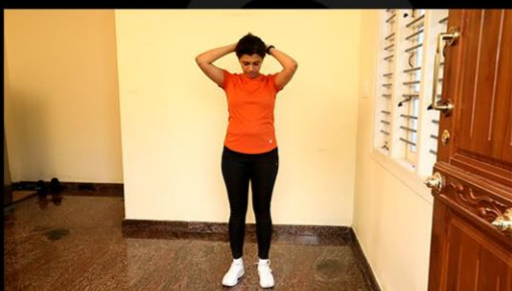


YouTube Link:

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. Resistance Band Sumo Squats



YouTube Link: [https://youtu.be/28essH6\\_ccw](https://youtu.be/28essH6_ccw)

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

### 2. Resistance Band Squats



YouTube Link: <https://youtu.be/HaJ6hx6U3l8>

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. Resistance Band Lunges



YouTube Link: <https://youtu.be/BksEPIllk50>

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

### 4. Resistance Band Romanian Deadlift



YouTube Link: <https://youtu.be/71NkcM1ywZM>

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

### 5. Resistance Band Seated shoulder press



YouTube Link: <https://youtu.be/cG3g9F2qDwc>

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. Resistance Band Seated lateral raises



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

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

### 7. Resistance Band Seated front raises



YouTube Link: <https://youtu.be/e0JE8bSbuu8>

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

### 8. Resistance Band Calf Raises



YouTube Link: <https://youtu.be/BcB7Y5CMDG0>

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/AKbG60OSbko>

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

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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**

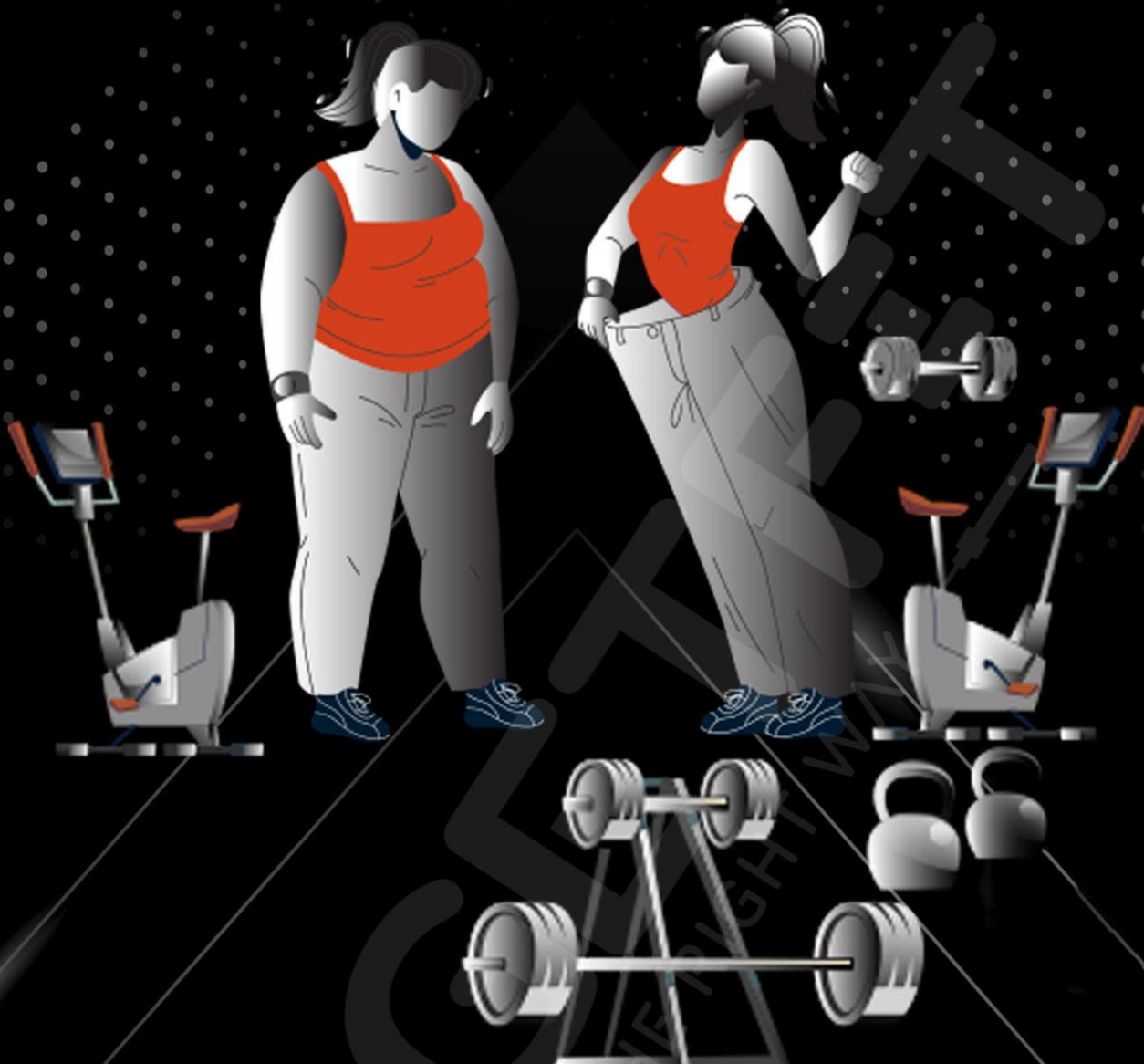
Number of Sets - It is a consecutive number of repetition without stopping.

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/>

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

Repetitions - It is one complete motion of exercise

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