

## **OBESE 60 WORKOUT PLAN**

**CATAGORY: MEN & WOMEN** 

**AGE: 15 TO 70 YEARS** 

**ACTIVITY: BODY WEIGHT WORKOUT** 

**NUTRITION: VEG & NON-VEG** 

**DAYS: 3 TRAINING & 3 DAYS WALK** 

**DESIGNED & CREATED BY GURU MANN** 

Millions of People are suffereing from Obesity around the world.





Suffering from Obesity



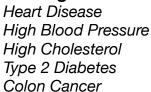
1 out of 6 Childern

Suffering from Obesity

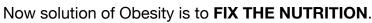


## The high risk of health problems are





In India, people eat more calories and their physical activity is less. Back in 90's majority of peole were slim because at that time Fast Food, processed food hasn't hit the India market compare to this dacade. People used to eat home made fresh food at home and work. Today Indian market is full of processed food, Fast Food, international junk food franchsee, unhealthy resturant, etc, now people eat out alot and even they order these junk fod at home. All these food are poor in quality, loaded with unhealthy fats and oil, high salty food, high sugary food, etc which makes people unheathy and sick. On top of that people sit front of TV, computer for hours and hours with no physical activity.





Eat more Fruits and Vegetables

Reduce the unhealthy fatty food

Avoid soft drinks, packed juices and drink plenty of water instead.

Eat well cooked home made food rather than eating out.



Secondly we need to add **PHYSICAL ACTIVITY**Morning Walk
Evening Walk at the park
Jogging, Gym workout
Yoga
Body Weight Home workout



## **OBESE 60 WORKOUT PLAN**

DAYS	SPLIT
MONDAY	BODYWEIGHT WORKOUT
TUESDAY	WALK
WEDNESDAY	BODYWEIGHT WORKOUT
THURSDAY	WALK
FRIDAY	BODYWEIGHT WORKOUT
SATURDAY	WALK
SUNDAY	OFF

MON/WED/FRI	EXERCISE	TIMES	ROUNDS
CIRCUIT 1	1A. JUMPING JACK 1B. HALF BURPEES 1C. BIRD DIG	1 MINUTE 1 MINUTE 1 MINUTE	3
CIRCUIT 2	2A. LOW STEP UP 2B. INCLINE PUSHUPS 2C. PLANKS	1 MINUTE 1 MINUTE 1 MINUTE	3
CIRCUIT 3	3A. CHAIR SQUAT 3B. STICK UP 3C. SIDE PLANKS	1 MINUTE 1 MINUTE 1 MINUTE	3

NOTE: 1 MINUTE REST AFTER EACH ROUND & 1MIN REST AFTER EACH CIRCUIT

EVENING	TUES/THUR/SAT	WALK		60 MINS
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NOTE: WATCH OBESE 60 WOKOUT VIDEO ON YOUTUBE



## **IMPORTANT TIPS**

- 1. Do 20-30sec jogging for warm-up before starting the exercise routine
- 2. If you get tired within 1 minute exercise then do it little slowly, in next 2 weeks your stamina will build where you won't get tired.
- 3. Sip water during the rest period.
- 4. Use carpet or Matt to perform exercises to avoid any kind of scratches on the kness and elbows.
- 5. Drink Green Tea or Black coffee 30 min before exercise.
- 6. Drink low fat milk 10 mins after exercise.
- 7. Do outdoor walk or indoor walk or 60mins walk on tradmill.
- 8. Avoid exercising under the fan or cooler.
- 9. Follow Obese 60 NUTRITION PLAN to get results

Best Wishes to Everyone

Regards GM

