



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 suffering from Obesity around the world.



1 out of 3 Adults

Suffering from Obesity



1 out of 6 Children

Suffering from Obesity



The high risk of health problems are



Heart Disease

High Blood Pressure

High Cholesterol

Type 2 Diabetes

Colon Cancer

In India, people eat more calories and their physical activity is less. Back in 90's majority of people were slim because at that time Fast Food, processed food hasn't hit the India market compare to this decade. 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 franchisee, unhealthy restaurant, etc, now people eat out a lot and even they order these junk food 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 unhealthy and sick. On top of that people sit front of TV, computer for hours and hours with no physical activity.

Now solution of Obesity is to **FIX THE NUTRITION.**



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

TUES/THUR/SAT	WALK	MORNING OR EVENING	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

