WORKOUT SPLIT

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>UPPER BODY BLASTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUESDAY</td>
<td>LOWER BODY BLASTER</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>AB BLASTER</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>UPPER BODY BLASTER</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>LOWER BODY BLASTER</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>AB BLASTER</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>OFF</td>
</tr>
</tbody>
</table>

UPPER BODY BLASTER

1. Wide Pushups 10reps
2. Stretch Walk 10reps
3. Close Pushups 10reps
4. Shoulder Pushups 10reps
5. Hindu Stretches 10reps

Rounds: 5-8 & Rest: 1min

NOTE: No rest in-between the 5 exercises

LOWER BODY BLASTER

1. Wide Jump Squats 10reps
2. Mountain Climber 10reps
3. Back Lunge 10reps
4. Split Lunge 10reps
5. Diagonal Calf raises 10reps

Rounds: 5-8 & Rest: 1min

NOTE: No rest in-between the 5 exercises

ABS BLASTER

1. Cat Cow stretch 10reps
2. Sit Ups 10reps
3. Knee Raises 10reps
4. Oblique Crunches 10reps
5. Planks 30sec hold

Rounds: 5-8 & Rest: 1min

NOTE: No rest in-between the 5 exercises