



# LEAN FITNESS PLAN

NO Supplements  
NO Equipments



**8 WEEKS**  
**DAY-TO-DAY TASK LIST**  
**FLEXIBLE DIETS**

**ANIKET OJHA**

**[WWW.THEALPHALOGY.COM](http://WWW.THEALPHALOGY.COM)**

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You should not use this guide as a substitute for the health advice, diagnosis or treatment from a qualified professional. Each individual will have their own specific needs and the information and recommendations contained in this guide are designed as a set of "generic guidelines" only. This guide does not consider any person's specific objectives, situations or individual requirements.

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# THE ALPHALOGY



# INTRODUCTION

This program is completely free for you all because I personally feel that Investing in your health should never feel like a financial burden. I saw a need for a well designed, highly effective program that you could complete with simple home workouts in a short amount of time. By removing cost barriers I hope is that people around the world are able to participate and experience the true value of being fit and healthy.

If even one of you experiences a positive change in their physical and mental well-being throughout this program then it will have been 100% worth it to me. The only thing I request from you is that you do your best. If you miss a day, pick up where you left off the following day. If you need to take a break - take one! Invite your friends and family to join you by sharing this program., one last thing - I'm not going to lie, this journey will be challenging my friend but I promise it will be worth it.

SHARE IT. DECLARE IT.

If there is one single thing you can do to start this program right it is this:

Share and declare your participation with your friends and family. Having the support of those around you is key and verbalizing your intent to others makes it real.

GET CONNECTED

If you're not already – subscribe to my YouTube channel, and click the notification bell so you don't miss any new posts.

BE PREPARED

Download this guide to your device. Schedule in your workouts for the week

SHARE YOUR PROGRESS

Add checkmarks as you complete each workout.

Comment, like and share on YouTube as you make progress Share your best workout selfies, post-workout pics, or favourite meals with #alphalogy and tag me @aniketojha if you like.

## Recommended Foods

Protein	Carbohydrates	Fats
Chicken Breast	Quinoa	Olive Oil
Egg Whites	Brown Rice	Coconut oil
Spirulina	Oats	Avocado
Cottage Cheese(Paneer)	Daliya(Bulgur)	Cheese
Tofu	Kidney Beans	Whole eggs
Greek Yogurt	Legumes	Chia seeds
Cow Milk	Lentils	Nuts
Mozarella Cheese	Sweet Potato	Natural Nut Butter
Turkey Breast	Whole wheat Pasta	
	Gram Flour/Bajra Chappati	
<b>Vegetables</b>		
Kale	<b>Fruits</b>	<b>Beverages</b>
Spinach	Fresh berries	Water
Swiss chard	Lemons + Limes	Black Coffee
Capsicum	Oranges	Green Tea
Arugula	Pineapple	Black Tea
Cabbage	Apples	Fused Water
Green beans	Bananas	Sparkling Water
Asparagus	Grapefruit	Electrolytes
Broccoli	Pomegranate	Coconut Water
Cauliflower	Papaya	Other herbal teas
Bell peppers	Watermelon	
Celery	Melon	
Zucchini		
Cucumber		
Tomatoes		

Jalapeños
Onions
Egg plant
Brussel sprouts
Carrots
Peas
Beetroot
Squash
Mushrooms
Okra(bhindi)
Gourd(Lauki)



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## Sample Recipes

- **Bean Patty(Rajma)**

### Ingredients

- 2 cups of rinsed and boiled beans
- 2 medium cloves garlic
- 2 onions, ends trimmed and roughly chopped
- 1/2 teaspoon chili powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon turmeric
- 1/2 teaspoon Coriander Powder
- 1 tablespoon oil for cooking
- Himalayan Salt according to taste

### Directions-

Mash boiled beans in a container

Mix left over ingredients with the mashed beans

Make a roll and then form it into a patty

Heat a non stick pan and then let the patty cook on it.

4|| You can also bake the patty in the oven by applying a little bit of olive oil onto it.



## 2. Delicious Chocolate Oats

### Ingredients

- 200 gms of Uncooked oats
- 1 tablespoon of cocoa powder
- 1 table spoon of chia seeds
- 1/2 table spoon of grated coconut
- 1 ½ cup milk
- Berries and fruits of your choice
- Artificial sweetner/ Stevia

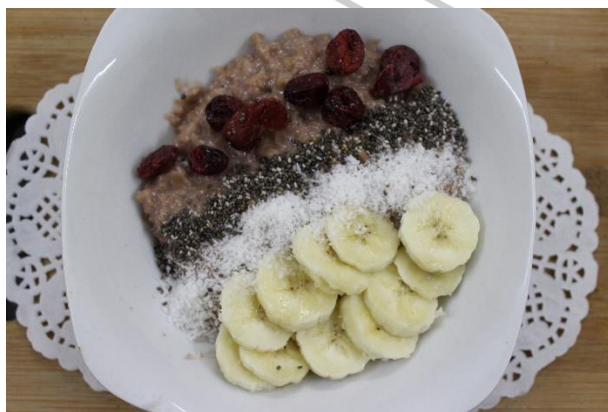
### Directions-

Warm milk in a container and add chia seeds

Add oats and let them cook till they absorb the milk

Add cocoa powder and sweetener

Now put cooked oats into a bowl and add toppings accordingly.



### 3. Cauliflower Pizza

#### Ingredients

- 1 head cauliflower, stalk removed
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1/2 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 2 eggs, lightly beaten
- A few olives
- 1 Pc Capsicum
- Half onion
- Golden Corn

#### Directions

1. Preheat the oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. (I like to put it on a towel to get all the moisture out.) Let cool.
3. In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder and eggs. Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.
4. Add desired toppings and bake an additional 10 minutes.



## Do's and Don'ts

**What to eat:** Prior to working out, do consume apples, bananas and oatmeal particularly if you are training for more than an hour. Being low in glycemic index, these foods help to fuel and energize your muscles for a longer time. However, do not stuff yourself just minutes before your exercise session. The ideal pre-exercise meal should be around 2 hours before exercise.

**What not to eat:** Don't take foods that are high in protein and fat levels as they take a longer time to digest. On the contrary, your workout capacity will be reduced as this type of fuel draws oxygen and energy delivering blood from your exercising muscles to your stomach. Trust us; the last thing you would want during your exercise sessions is stomach cramps caused by the ingestion of a heavy diet of proteins and fats.

**Warm-up sessions:** Do ensure that you perform your regular warm-ups prior to working out your muscles. Run on a treadmill, perform flexibility movements or jog a while in order to engage all your muscle fibers before exercising. The basic idea is to prepare the involved muscles physiologically and psychologically so that you do not end up causing injury to these muscles or overstretching them. Warm-ups also help to increase the range of motion besides reducing the risk of strains and undue stress.

**Proper relaxation:** Don't hit the gym or attempt any kind of high-intensity exercise if you are not properly relaxed or are stressed out due to some reason. The key to a successful workout session is the combined interaction of mind and body. Detach yourself from your regular mundane work pressures or unpleasant thoughts and try to invoke a sense of inner peace and relaxation through meditative techniques, music or even guided imagery. You can also practice gradual breathing exercises to divert your mind from worldly matters and focus on your health and fitness.

**Wear loose fitting clothes:** It is true that looking good and trendy helps to stay motivated and confident while exercising. However, do not wear extremely tight garments that not only restrict your free movements but also the proper supply of oxygen containing blood to your exercising muscles. There are a variety of options to choose from but select a variety that breathes well, dries fast and maintains its shape without stretching.

**Maintain hygiene:** Exercise and hygiene should always be regarded as synonymous to each other. Perhaps, one of the most important factors to check and ensure before exercising is that personal hygiene is maintained at all times. Take a shower after each workout, and keep a clean towel at hand to wipe off exercise sweat and prevent the spread of germs.



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### **Foods to Moderate/ Avoid**

- store bought mayonnaise
- margarine
- store bought salad dressings\*
- store bought bbq sauce\*
- store bought jams and jellies\*
- store bought ketchup & stir fry sauces\*
- saturated fats
- trans fats
- hydrogenated oils
- white bread
- white pasta
- white flour
- cereal
- chips
- candies
- baked goods made with refined sugars.
- alcohol
- sodas
- fruit cocktails
- sugary or creamy cocktails
- specialty coffee drink
- diet beverages with artificial sweeteners
- pre-packaged deli-meats
- nitrates
- factory farmed meats
- gmo's
- artificial flavors, preservatives + food colorings
- high fructose corn syrup

## **Week 1**

### **DAY 1& 3**

- Skipping- 100x2
- Jumping Jacks- 20x3
- Mountain Climbers- 20x2
- Full Body stretch

#### **Chest-**

- Normal Pushup- 10x2  
(Knee if hard)
- Pushup Hold 1- 10sec x 3
- Pushup Hold 2- 10sec x 2
- Incline Pushup- 10x3

#### **Tricep-**

- Tricep dips- 10x3
- Tricep Contraction- 10x2
- Close grip pushup(knee if hard)- 10x2

#### **Shoulder-**

- Shoulder Pushup- 10x2

## DAY 2& 4

- Skipping- 120x2
- Jumping Jacks- 25x3
- Mountain Climbers- 20x2
- Full Body stretch

### Back-

- Cross knee and elbow- 10x2
- Superman- 10x2
- Towel Pull- 10x2
- Superman Hold- 30 sec X 2

### Bicep-

- Reverse Incline Push- 10x2
- Bicep Contraction- 10x2
- Leg bicep Curl- 10x2/side

### Legs-

- Squats- 10x3
- Lunges- 10x2/side
- Sumo squats- 10x2
- Calf Raises- 10x2/side
- Side stretches- 10

## DAY 3& 6

- Skipping- 120x3
- Jumping Jacks- 30x3
- Mountain Climbers- 25x2
- Full Body stretch

### Functional-

- Stepper- 25x4
- Knee ups- 20x2
- Jog on place- 30secx2
- Pushup- 10x2
- Wall sit- 10x2

### Abdominal-

- Crunches- 20x2
- Cross Crunches- 20x2
- Heel Taps- 30 sec
- Leg Raises- 20x2
- Plank Hold-15secx2

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## **Week 2**

### **DAY 1 & 3**

- Skipping- 100x2
- Jumping Jacks- 20x3
- Mountain Climbers- 30x3
- Stepper- 30x4
- Full Body stretch

#### **Chest-**

- 1.Normal Pushup- 10x2  
(Knee if hard)
- Wide Pushups- 10x2
- Incline Pushup- 12x3
- Pushup Hold 1- 15sec x 3
- Pushup Hold 2- 15sec x 2

#### **Tricep-**

- Tricep dips- 15x3
- Tricep Contraction- 10x2
- Plank to Pushup- 10x2

#### **Shoulder-**

- Shoulder Pushup- 10x2
- Shoulder Taps- 10x2/side

## **DAY 2 & 4**

- Skipping- 120x2
- Jumping Jacks- 25x3
- Mountain Climbers- 20x2
- Full Body stretch

### **Back-**

- Cross knee and elbow- 20x2
- Superman Lat pull- 10x2
- Plank Arm Raise twist- 10x2
- Superman Hold- 45 sec X 2

### **Bicep-**

- Reverse Incline Push- 12x3
- Bicep Contraction- 10x2
- Leg bicep Curl- 10x2/side

### **Legs-**

- Squats- 15x3
- Lunges- 10x2/side
- Bulgarian squats- 10x2
- Calf Raises- 15x2/side
- Side stretches- 10

## **DAY 3 & 6**

- Skipping- 150x3
- Jumping Jacks- 40x4
- Mountain Climbers- 25x3
- Full Body stretch

### **Functional-**

- Stepper- 25x4
- Squats- 10x2
- Sprint on place- 20secx2
- Pushup- 10x2
- Bear Crawl- 10x2

### **Abdominal-**

- Crunches- 20x2
- Russian Twist- 30x2
- Scissors- 20 sec
- Leg and Chest Up- 20x2
- Side Plank- 15sec/side
- Plank Hold-15secx2

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## **Week 3**

### **DAY 1 & 3**

- Skipping- 200x2
- Jog in Place- 45 sec x 2
- Mountain Climbers- 30x3
- Stepper- 30x4
- Full Body stretch

#### **Chest-**

- Decline Pushups- 5x3
- Incline Pushups- 15x2
- Normal Pushup- Till Failure
- Pushup Hold 1- 45 sec
- Pushup Hold 2- 30sec

#### **Tricep-**

- Tricep dips- 20x3
- Tricep Contraction- 10x2
- Close Grip Pushup- 5x2

#### **Shoulder-**

- Shoulder Pushup- 10x2
- Shoulder Taps- 10x2/side

## DAY 2 & 4

- Skipping- 2 mins
- Jumping Jacks- 25x2
- Full Body stretch

### Back-

- Windmill- 10/side
- Backlift- 10
- Wing Fly- 10
- Arm & Leg Raise- 10/side
- Swimmers- 20
- Superman Hold- 30sec x 2

### Bicep-

- Reverse Incline Push- 15x3
- Bicep Contraction- 10x2
- Reverse Push- 5x3

### Legs-

- Squats- 15x3
- Pulses- 10x2
- Elevated Calf Raises- 15x2/side
- Sumo Squats- 15x2
- Single Leg Bridge

## **DAY 3 & 6**

- Skipping- 200x3
- Jumping Jacks- 50x2
- Mountain Climbers- 30x3
- Full Body stretch

### **Functional-**

- Stepper- 30x4
- Sumo Squats Jump- 12x2
- Wide Angle Pushup- 10x2
- Sprint- 30 sec x2
- Spider Plank- 10x2

### **Abdominal-**

- Crunches- 30x2
- Russian Twist- 30x2
- Leg Raises- 10x2
- V Crunches- 10x2
- Side Crunches- 10x2
- Side Plank- 20sec/side
- Plank Hold- 30secx2

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## **Week 4**

### **DAY 1 & 3**

- Skipping- 200x3
- Jumping Jacks- 50x3
- Sprint on place- 15sec x3
- Stepper- 30x4
- Full Body stretch

#### **Chest-**

- Decline Pushup- 7x3
- Normal Pushup- 15x3
- Incline Pushup- 20x3
- Pushup hold 1- 45sec x 2
- Pushup hold 2- 30sec x 2

#### **Tricep-**

- Tricep dips- 25x3
- Close Grip Pushup- 5x3
- Plank to Pushup- 12x2

#### **Shoulder-**

- Shoulder Pushup- 15x3
- Shoulder Taps- 20x3

## **DAY 2 & 4**

- Skipping- 150x3
- Stepper- 30x3
- Jog in Place- 30sec x 4
- Full Body stretch

### **Back-**

- Cross knee and elbow- 20x2
- Superman Lat pull- 10x2
- Plank Arm Raise twist- 10x2
- Superman Hold- 45 sec X 2

### **Bicep-**

- Windmill- 15/side
- Wing Fly- 15
- Superman- 20
- Arm & Leg Raise- 10/side
- Swimmers- 20
- Superman Hold- 30sec x 2

### **Legs-**

- Squats- 20x3
- Lunges- 10x2/side
- Sumo squats- 15x3
- Elevated Calf Raises- 15x2/side
- Pulses- 15x2

## **DAY 3 & 6**

- Skipping- 300x3
- Jumping Jacks- 75x2
- Mountain Climbers- 40x3
- Full Body stretch

### **Functional-**

- Stepper- 40x4
- Squats- 15x2
- Sprint on place- 30secx3
- Wide angle Pushup- 10x2
- Spider plank- 12x2

### **Abdominal-**

- Crunches- 20x2
- Russian Twist- 30x2
- Leg Raises- 15x3
- V Crunches- 15x2
- Side Crunches- 15x2/side
- Side Plank- 30sec/side
- Plank Hold- 30secx3

## **Week 5**

### **DAY 1 & 3**

- Ski Hops- 20x3
- Jog in Place- 30secx3
- Butt Kickers- 20x2
- Box with Movement- 40x2
- Cross Toe Touch
- Full Body stretch

#### **Chest-**

- One arm press up- 6x2
- Alternate Shuffling- 6x2
- Normal Pushup- 15x2
- Decline Pushup- 12x3
- Pushup Hold 1- 15sec x 3
- Pushup Hold 2- 15sec x 2

#### **Tricep-**

- Tricep dips- 15x3
- Diamond Pushup- 10x2
- Plank to Pushup- 15x3

#### **Shoulder-**

- Push back pushup- 15x2
- Shoulder Pushup- 15x2

## DAY 2 & 4

- Ski hops- 25x3
- Jog in Place- 45secx3
- Butt Kickers- 20x3
- Box with movement- 60x2
- Full Body stretch

### Back-

- Dead stop to superman-
- Windmill-
- T superman-
- Superman Hold- 1 min x 2

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### Bicep-

- Reverse Incline Push- 25x3
- Bicep Contraction- 10x2
- Reverse Pushup- 10x3

### Legs-

- Squats- 25x3
- Lunges- 10x2/side
- Bulgarian squats- 20x3
- Sumo squats- 15x3
- Calf Raises- 20x4/side

## **DAY 3 & 6**

- Ski hops- 50x3
- Jumping Jacks- 75x3
- Mountain Climbers- 40x4
- Sprint- 15secx2
- Full Body stretch

### **Functional-**

- Stepper- 50x4
- Sumo Squat Jump- 20x2
- Sprint on place- 20secx2
- Close Grip Pushup- 10x2
- Bear Crawl- 10x3

THE ALPHALOGY

### **Abdominal-**

- Crunches- 50x2
- Russian Twist- 40x2
- Alternate heel taps- 20x2
- V crunches- 20 x2
- Side Crunches- 10x2/side
- Side Plank- 45sec/sidex2
- Plank Hold-1minx2

## **Week 6**

### **DAY 1 & 3**

- Ski Hops- 30x4
- Jog in Place- 45secx3
- Sprint- 15secx3
- Box with Movement- 40x3
- Stepper- 50x2/side
- Full Body stretch

#### **Chest-**

- One arm press up- 8x2
- Alternate Shuffling- 8x2
- Normal Pushup- 20x2
- Decline Pushup- 15x2
- Pushup Hold 1- 1 min x 2
- Pushup Hold 2- 1 min x 2

#### **Tricep-**

- Tricep dips- 20x3
- Diamond Pushup- 10x2
- Plank to Pushup- 20x3

#### **Shoulder-**

- Push back pushup- 15x2
- Shoulder Pushup- 15x2

## DAY 2 & 4

- Ski hops- 30x4
- Skipping- 200x3
- Sprint- 20secx3
- Burpees- 5x3
- Full Body stretch

### Back-

- Dead stop to superman
- Windmill-
- T superman-
- Superman Hold- 1 min x 2

### Bicep-

- Reverse Incline Push- 25x3
- Bicep Contraction- 10x2
- Reverse Pushup- 12x3

### Legs-

- Squats- 30x3
- Lunges- 10x2/side
- Bulgarian squats- 20x3
- Sumo squats- 20x3
- Calf Raises- 20x4/side

## **DAY 3 & 6**

- Ski hops- 70x3
- Jumping Jacks- 75x3
- Mountain Climbers- 50x4
- Sprint- 20secx3
- Full Body stretch

### **Functional-**

- Stepper- 50x4
- Sumo Squat Jump- 20x2
- Sprint on place- 20secx2
- Close Grip Pushup- 15x2
- Bear Crawl- 10x3

### **Abdominal-**

- Crunches- 50x2
- Russian Twist- 50x2
- Alternate heel taps- 30x2
- V crunches- 20 x2
- Side Crunches- 10x2/side
- Side Plank- 1 min/sidex2
- Plank Hold-2minx2

## **Week 7**

### **DAY 1 & 3**

- Kneeups- 40x4
- Skipping- 100x4
- Jumping jacks- 100x3
- Burpees- 10x2
- Full Body stretch

#### **Chest-**

- Incline Pushup- 20x3
- Normal Pushup- 25x3
- Decline Pushup- 20x3
- Pushup Hold 1- 1.5 min x 2
- Pushup Hold 2- 1.5 min x 2

#### **Tricep-**

- Tricep dips- 25x3
- Close grip- 15x2
- Tricep Contraction- 10x2
- Plank to Pushup- 15x3

#### **Shoulder-**

- Push back pushup- 15x2
- Shoulder Pushup- 20x2
- Shoulder Taps- 20x2

## DAY 2 & 4

- Kneeups- 40x4
- Skipping- 100x4
- Jumping jacks- 100x3
- Mountain Climbers- 40x5
- Full Body stretch

### Back-

- Windmill- 20/side
- Wingfly- 20/side
- Arm and Leg Raise- 20/side
- Swimmers- 20
- Superman Hold- 1 min x 2

### Bicep-

- Reverse Incline Push- 25x3
- Bicep Contraction- 10x2
- Reverse Pushup- 15x3

### Legs-

- Squats- 30x3
- Lunges- 10x2/side
- Side Lunges- 15/sidex2
- Squat Jump-20x3
- Bulgarian squats- 20x3
- Calf Raises- 20x4/side

## **DAY 3 & 6**

- Ski hops- 70x3
- Jumping Jacks- 75x3
- Mountain Climbers- 50x4
- Sprint- 20secx3
- Full Body stretch

### **Functional-**

- Stepper- 50x4
- Sumo Squat Jump- 20x2
- Sprint on place- 20secx2
- Close Grip Pushup- 15x2
- Bear Crawl- 10x3

### **Abdominal-**

- Crunches- 50x2
- Russian Twist- 50x2
- Alternate heel taps- 30x2
- V crunches- 20 x2
- Side Crunches- 10x2/side
- Side Plank- 1 min/sidex2
- Plank Hold-2minx2

## **Week 8**

### **DAY 1 & 3**

- Ski Hops- 50x2
- Knee ups- 50x4
- Jumping Jacks- 75x3
- Skipping- 150x3
- Burpees- 15x2
- Stepper- 50x2/side
- Full Body stretch

#### **Chest-**

- One arm press up- 10x3
- Alternate Shuffling- 10x3
- Normal Pushup- 20x2
- Decline Pushup- 15x2
- Incline Pushup- 20x2
- Pushup Hold 1- 1 min x 2
- Pushup Hold 2- 1 min x 2

#### **Tricep-**

- Tricep dips- 25x3
- Close Grip Pushup- 10x2
- Plank to Pushup- 20x3
- Tricep Contraction- 10x2

#### **Shoulder-**

- Push back pushup- 20x23. Shoulder Taps-20x2
- Shoulder Pushup- 10x2

## DAY 2 & 4

- Ski hops- 50x3
- Knee ups- 50x4
- Sprint- 30secx3
- Mountain Climbers- 50x3
- Burpees- 15x2
- Full Body stretch

### Back-

- Windmill- 20/side
- Wing Fly- 20/side
- Superman- 20
- T Superman- 20
- Superman hold- 1.5minx2

### Bicep-

- Reverse Incline Push- 25x3
- Bicep Contraction- 10x2
- Reverse Pushup- 15x3

### Legs-

- Squats- 30x3
- Lunges- 10x2/side
- Side Lunges- 15/sidex2
- Squat Jump-20x3
- Bulgarian squats- 20x3
- Calf Raises- 20x4/side

## **DAY 3 & 6**

- Ski hops- 70x3
- Jumping Jacks- 75x3
- Mountain Climbers- 50x4
- Sprint- 20secx3
- Full Body stretch

### **Functional-**

- Stepper- 50x4
- Sumo Squat Jump- 20x2
- Sprint on place- 20secx2
- Close Grip Pushup- 15x2
- Bear Crawl- 10x3

### **Abdominal-**

- Crunches- 50x2
- Russian Twist- 50x2
- Alternate heel taps- 30x2
- V crunches- 20 x2
- Side Crunches- 10x2/side
- Side Plank- 1 min/sidex2
- Plank Hold-2minx2

## CHEST



One-Arm Press up



Push up



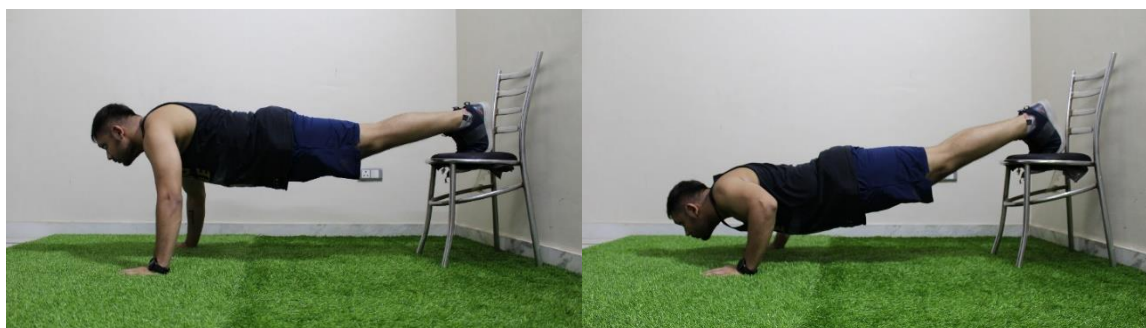
Knee Pushup



Wide Grip Pushup



Alternate Shuffling



Decline Pushup



Incline Pushup



Pushup hold 1

Pushup hold 2

## TRICEP



Tricep Contraction



Tricep Dips

Y



Close Grip Pushups



Plank to Pushup



Diamond Pushup

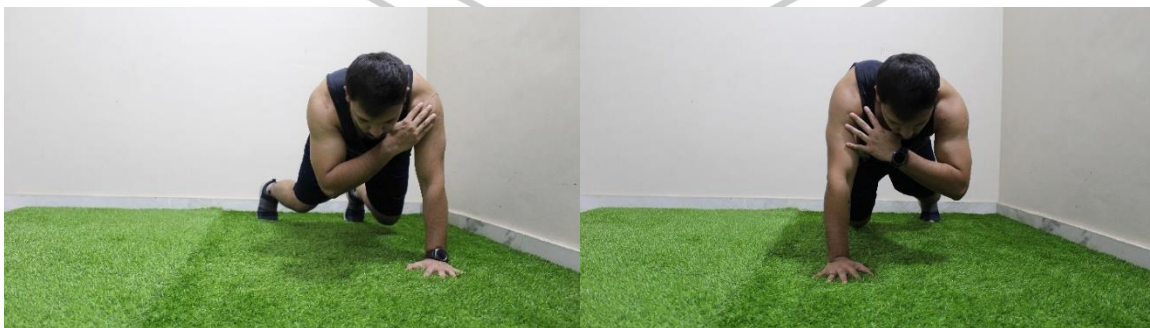
## SHOULDER



Pushback Pushup



Shoulder Pushup



Shoulder Taps

Y

## BACK



T-Superman



Windmill



Backlift

Y



Towel Pull



Superman Lat Pull

# THE ALPHALOGY



Plank Arm Twist



Wingfly



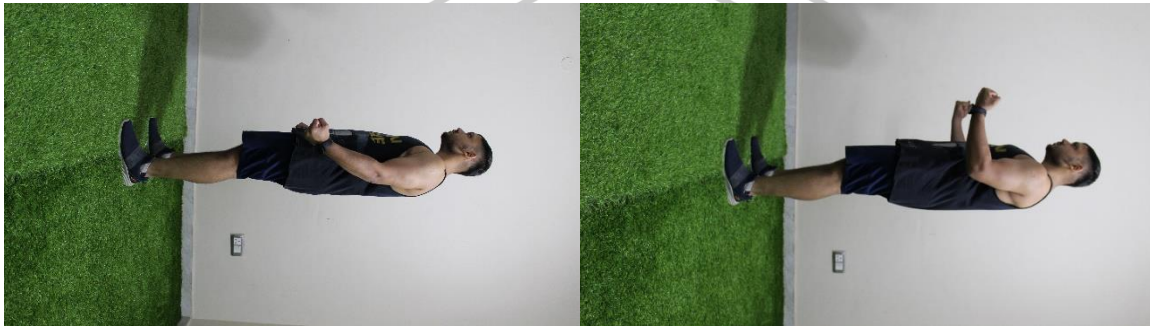
Arm and Leg Raise

Y

## BICEP



Reverse Incline Pushup



Bicep Contraction



Leg Bicep Curl

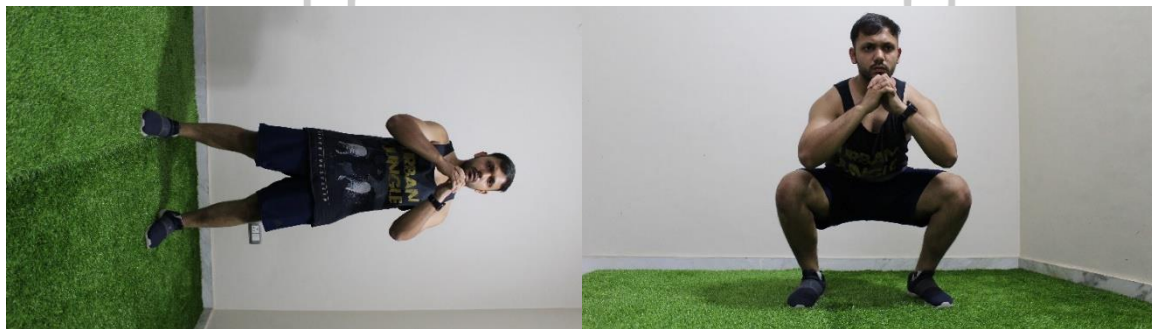


Reverse Pushup

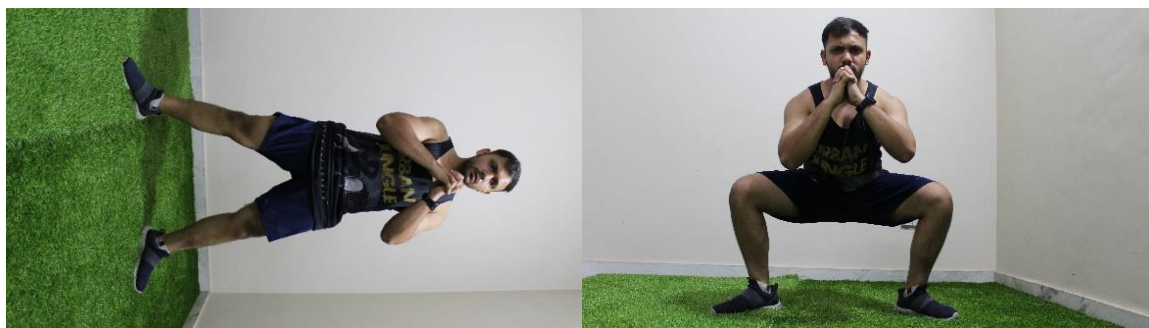
## Legs



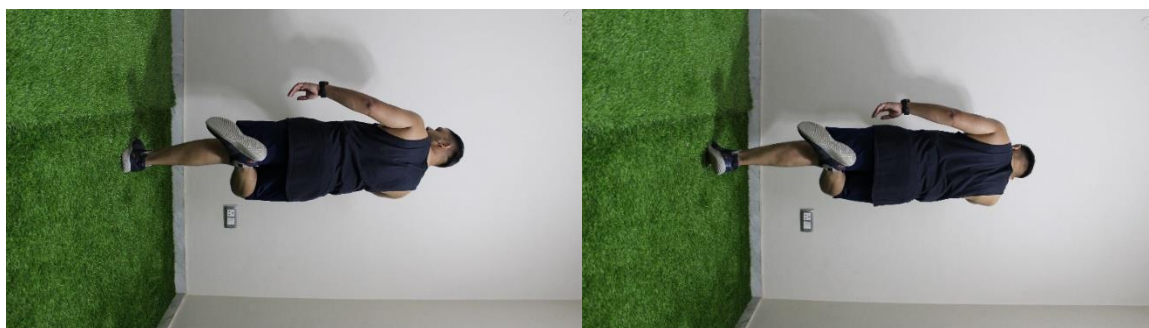
Single Leg Bridge



Squats



Sumo Squats



Calf Raises



Bulgarian Squats

## Abdominal



## Crunches



## Mountain Climbers



## Russian Twist



Side Crunches



Cross Crunches



Plank



Side Plank



Leg Raises



Scissors



Cross Crunches

THE ALPHALOGY

