

Exercise Program:

SR NO	EXERCISE	REPS	SETS	INTENSITY	DURATION
1	CORE: Plank with knee drops Dead bug Trunk twist	Age 4-10 Reps : 5-8 Sets : 2 Age 10-18 Reps: 10-12 Sets: 2 Age 18+ Reps: 12-15 Sets: 3		Body weight	3-4 times/week
2	LOWER BODY Bridging Squats Clamshell Calf raises	Age 4-10 Reps : 5-8 Sets : 2 Age 10-18 Reps: 10-12 Sets: 2 Age 18+ Reps: 12-15 Sets: 3		Body weight	
3	CARDIO Step up and down Running/jog Cycling	Can be timed depending on the individual		Body weight	