**TRAINING ROUTINE**

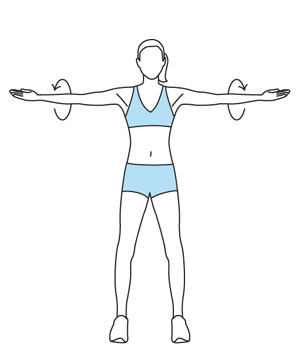
**Exercise is the best way to do to prevent such diseases and to have a quality life. It is significant to have a physically fit body and a happy life. Exercise is composed of warm-up, interval training, resistance training, and cool down.**

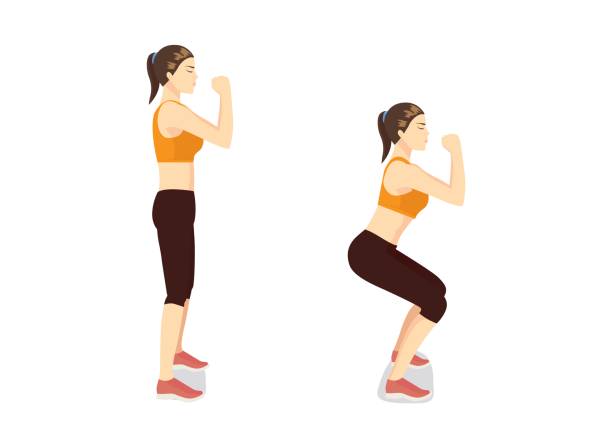
**A. Warm-Up**

**It may be tempting to skip the warmup and get straight into your workout if you're short of time. However, doing so will put more pressure on your muscles and raise your risk of injury. It's vital to take a few minutes before any exercise, whether it's a cardio workout, strength training, or a team sport, to relax your muscles towards exercise mode.**

**A.a. Warm-up**

**A.a.a. Triceps warm-up**

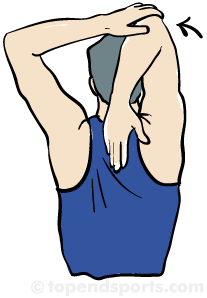
* **Raise your arms sidewards with palms facing down.**
* **Maintain a straight line with your arms and move them in backward circles.**
* **Rotate your arms in forward circles after 20 to 30 seconds.**
* **Turn your palms forward and pulse your arms back and forth after 20 to 30 seconds.**
* **Repeat with your palms facing down, up, and down after 20 to 30 seconds.**
* **Carry out one to three sets of these exercises**

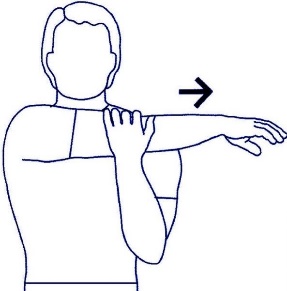
**A.a.b. Squat**

* **In a standing position, pull your feet apart.**
* **Push your hips down. Repeat. You are engaging your core and keeping your back straight.**
* **Pause with your knees above, but not above, your toes for a brief moment.**
* **Exhale and get up again.**
* **Repeat 12-15 times under three sets.**

**A.a.c. Jogging**

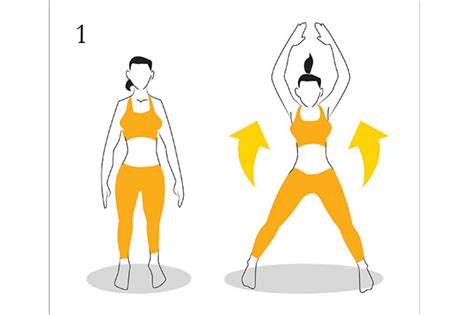
* **Jog at a leisurely pace.**
* **After about a minute, jog for at least 30 seconds while raising your knees toward your chest or kicking your feet upward toward your buttocks.**
* **Return to a steady jogging rate for 30 seconds**

**A.b. Stretch**

* **Overhead Triceps stretch**
* **Draw your shoulders down and back after lifting them toward your ears.**
* **Extend your right arm to the ceiling, then bend at the elbow to bring the palm of your right hand to the center of your back, resting your middle finger along your spine.**
* **Gently bring your elbow in toward the middle and down with your left hand.**
* **Keep this stretch for 30 seconds on each side for three or four repetitions.**
* **Horizontal stretch**
* **Across your body, bring your right arm.**
* **Slightly bend your elbow.**
* **When you press your arm into your chest and over to the left, use your left hand to direct the step.**
* **Repeat 3-4 times on each side when holding this stretch for 30 seconds.**

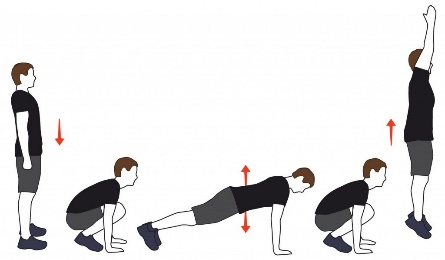
**B. Interval Training**

**Interval training is standard since exercising at higher intensities helps you gain stamina faster and burn more calories, both of which are beneficial for weight loss.**

 **B.a. Cardiovascular exercise**

* **Standing tall with your legs together and arms at your sides is an excellent way to start.**
* **Climb into the air while bending your knees slightly.**
* **When jumping, spread your legs about shoulder-width apart. Raise your arms upward and over the head.**
* **Lower your arms back in original position.**
* **Do it again for 16 counts.**

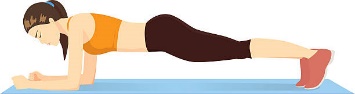
**B.b. Burpees**

* **Stand with your shoulder and feet apart.**
* **Squat. Bend your knees and hips.**
* **Put your hands on the ground.**
* **To get into the plank position, kick your feet out.**
* **Drop to the ground almost.**
* **Jump your feet forward and press up with your arms.**
* **To complete the pass, jump straight up.**
* **One collection of burpees consists of 15 repetitions.**

**C. Resistance Training**

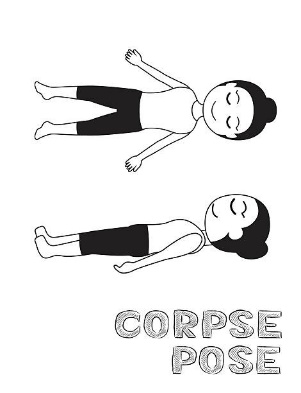
**By forcing the muscles to function against a weight or power, resistance training improves muscle strength.**

**C.a. Strength**

* **Plank**
* **Lie flat on your abdomen with your core muscles braced.**
* **Pull your body upwards through your toes and elbows.**
* **Your buttocks should align to your elbows. Squeeze your navel and bring it closer to your spine. Check that your buttocks aren't protruding.**
* **Keep for 30 seconds, then raise to two minutes as you gain power.**
* **Dumbbell Deadlifts**
* **Get a pair of dumbbells.**
* **Slowly bend downwards with your hamstrings engaged.**
* **Relax the torso. Release the stress. Focus on the core muscles and the dumbbells.**
* **Switch to a standing posture and strengthen the glutes again at the top by pausing and slowly reversing the step.**

**D. Cool Down.**

**D.a. Cool down**

* **Child’s pose**
* **Sit on your heels, bow downward and stretch your arms in front**
* **Relax your chest into your thighs**
* **Place your brow on the surface.**
* **For 1 to 3 minutes, stay in this place.**
* **Corpse pose**
* Supine position.
* Relax. Find your body’s comfortable position.
* Look straight and breathe.
* Stay in this role for at least 5 minutes.

**D.b. Stretch**

* **Head-to-Knee Forward Bend**
* Perform an Indian sit and stretch your right leg.
* Position your upper body with the right leg.
* Bow downward with your arms stretched besides your right leg.
* Rep the process, on the other hand.
* **Seated Forward Bend**
* Lay on the concrete with your legs extended.
* Lift your arms in the air.
* To fold over, brace at your hips.
* Position your hands on the ground or your knees.
* Hold this position for up to a minute.

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