



## **Avantika Kapoor Fitness Profile**

## Fitness Profile

18

Dear Avantika Kapoor

You can do better! You are at a moderate level of fitness and can do better with your body.

If you do not exercise we would recommend that you start right away. You may start by following the plan given below!

### Keep A Few Things In Mind Before You Start!

A) Any workout should include 3 components:

1. Warm-up
2. Exercise
3. Cool-down period

B) Remember to spend a few extra minutes at the end of your workout to stretch all major muscle groups to help prevent injury and soreness.



Follow the given plan for 5 days/week.

### Cardiovascular workout: 30 min

Type of Workout	Duration	Day 1	Day 2	Day 3	Day 4	Day 5
Slow walking or jumping at place [warm up]	Duration	10 min	10 min	free	10 min	10 min
Elliptical/ Cross Training or Jogging	55%-85% of your maximum heart rate	20 min	20 min	free	20 min	20 min

**Strength Training: Weights: Free weights, body weight or other resistance [10 min]**

Type of Workout	Duration	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Chest - 2 sets of 12 reps each</b>						
Flat Bench Press		✔		free		
Inclined Dumbbell Press		✔		free		
<b>Back / Legs - 2 sets of 12 reps each</b>						
Back Pulley			✔	free		
Bent Over Rowing			✔	free		
Squats			✔	free		
<b>Biceps / Triceps-2 sets of 12 reps each</b>						
Barbell Curl				free	✔	
Dumbbell curls				free	✔	
<b>Shoulder- 2 sets of 12 reps each</b>						
Over Head Press				free		
<b>Abdominal 3 sets of 12 reps each</b>						
Leg Raise		✔		free		
Ab Crunches			✔	free		
Circuit Training				free		✔

**Stretching:**

	Duration	Day 1	Day 2	Day 3	Day 4	Day 5
10 min. Stretching	While body	✔	✔	free	✔	✔

Exercise will help you achieve only half your goal! The other half will come from a healthy diet.

**Advice for Workout Preparation**

**During all training sessions**

- Wear loose comfortable clothing
- Wear Trainers / sensible footwear suitable for exercising
- Stay hydrated by having a bottle of water / energy drink close by
- Take water breaks during workout sessions

**After the training session**

- Do stretching and cool down exercises
- Share any thought which can be taken into consideration for the following session.
- Stretching exercises have to be done slowly.
- Consume food either 1hr before or after exercises.
- It's best to do exercises with empty stomach.

**Important Note**

We strongly recommend that you seek physicians advice before beginning any fitness and/or exercise program.