

EXERCISE MAGIC

**10 EXERCISES A DAY
KEEPS
THE DOCTOR AWAY!**

- 1) ANULOM VILOM BREATHING EXERCISE 15 MIN
- 2) HAMSTRING STRETCH – 10 REPS X 1 SET
- 3) OBLIQUE CRUNCHES – 10 REPS X 2 SETS
- 4) BOW POSE (DHANURASAN) – 10 REPS X 1 SET
- 5) DUMBBELL FLOOR CHEST PRESS – 10 REPS X 2 SETS
- 6) DUMBBELL LATERAL RAISE /
SHOULDER PRESS – 10 REPS X 2 SETS
- 7) DUMBBELL BICEP CURLS – 10 REPS X 2 SETS
- 8) DUMBBELL TRICEP EXTENTIONS – 10 REPS X 2 SETS
- 9) ENDURANCE CHALLENGE
ELLIPTICAL MACHINE – 30 MIN OR
BRISK WALK | RUN – 30 – 40 MIN
- 10) CORPSE POSE – 10 MIN

- BY DR. SHVETA SANGHANI