Week 10

Good Sleep, Good Life

Day 1

- Maintain a healthy sleep cycle to weigh less: Aim to wake up early and sleep early, you should get 7-8 hours of sleep daily.
- Time to burn some calories: Go out for 20 minutes of walking (1 minute jog followed by 2 minutes of walking or vice versa.) Add 4 minutes of Tabata workout which includes - Boxer squats + cross mountain climbers + vertical jump + walking lunge and twist. For your cool down do 5-10 minutes of breathing and stretching exercises.

Day 2

- Keep the gadgets away: Usage of artificial lights like television, mobile phones and tablets may hamper the production of melatonin levels and can disturb your sleep cycle.
- Work it out: Add 20 minutes of walking (1 minute jog followed by 2 minutes of walking or vice versa) followed by 4 minutes of Tabata workout which includes - Boxer squats, cross mountain climbers, vertical jump, walking lunge and twist. For your cool down do 5-10 minutes of breathing and stretching exercises.

Day 3

- Have a light dinner: Don’t binge on heavy foods like pizza, pasta, rice and chicken. Instead choose fruits, roti, fresh vegetables and pulses. Incorporate sleep inducing foods in your diet like milk, almonds, banana, oats, chamomile tea, miso soup, eggs, edamame and cherries.
- Aim to have your dinner early-preferably you should have a gap of 1.5 hours to 2 hours between dinner and sleep.
- Burn it up with this High Intensity Workout: Go out for 20 minutes of walking (1 minute jog followed by 2 minutes of walking or vice versa.) Add 4 minutes of Tabata workout which includes - Boxer squats + cross mountain climbers + vertical jump + walking lunge and twist. Don’t forget the cool down - 5-10 minutes of breathing and stretching exercises.

Day 4

- Follow a routine: Have more water during the first half of the day and less after evening. Don’t take tea/coffee/caffeinated green tea, post lunch.
- Love working out: Add 20 minutes of walking (1 minute jog followed by 2 minutes of walking or vice versa) followed by 4 minutes of Tabata workout which includes - Boxer squats, cross mountain climbers, vertical jump, walking lunge and twist. For your cool down do 5-10 minutes of breathing and stretching exercises.

Day 5

- Stretching is good for you: After waking up, do stretching exercises for 5 minutes.
- Aim to get up instantly once you are awake in the morning; don’t keep lying in the bed for some time.
- Get fit: Go out for 20 minutes of walking (1 minute jog followed by 2 minutes of walking or vice versa.) Add 4 minutes of Tabata workout which includes - Boxer squats + cross mountain climbers + vertical jump + walking lunge and twist. Don’t forget the cool down - 5-10 minutes of breathing and stretching exercises.

Day 6

- Aim to sleep for 8 hours today: this will help in detoxification and will repair your muscles, tissue which has been used throughout the day.
- Train your body: Add 20 minutes of walking (1 minute jog followed by 2 minutes of walking or vice versa) followed by 4 minutes of Tabata workout which includes - Boxer squats, cross mountain climbers, vertical jump, walking lunge and twist. For your cool down do 5-10 minutes of breathing and stretching exercises.

Day 7

- Drink lemon water immediately after waking up.
- Aim to be active throughout the day, ditch the workout routine for today but stay active. Indulge in household activities, dance and stay busy!