

Good Morning Exercises & Asanas

Exercises & Asanas

Chest

- ▶ [Deep Breathing Folding hands with calf exercise](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do for 10 times.

Chest

- ▶ [Deep breathing with cross arm](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do for 10 times.

Back

- ▶ [Upper body twist hands on waist \(movement\)](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do for 10 times.

Legs

- ▶ [Front kicking](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do for 10 times.

Back

- ▶ [Jastiasana with crawling](#)

Sets:1-2 Reps:5-10

Rest:120 seconds

Do for 10 times.



At Work Exercises & Asanas

Exercises & Asanas

Shoulders

- ▶ [Neck exercises 1st kind](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do this for 10 times.



Shoulders

- ▶ [Neck exercises 2nd kind](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do this for 10 times.



Core/Body

- ▶ [Eyes rubbing](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do this for 10 times.



Shoulders

- ▶ [Stretching of Shoulder Blades With Twisting](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do this for 10 times.



Back

- ▶ [Tilting Of Spine Sitting On Chair](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Do this for 10 times.



Shoulders

- ▶ [Dorsiflexion of wrist joint with self support \(H\)](#)

Sets:1-2 Reps:5-10

Rest:60 seconds

Hold and count 10 for both the wrist.



Good Night Relaxation & Asanas

Exercises & Asanas

Chest

▶ [Shitali pranayam 1st step](#)

Sets:1-2 Reps:5-10

Rest:120 seconds

Do for 10 times.



Chest

▶ [Bhramori in sukhasana](#)

Sets:1-2 Reps:5-10

Rest:120 seconds

Do for 10 times.



Core/Body

▶ [Meditation in sukhasana](#)

Sets:1-2 Reps:2-5

Rest:120 seconds

Do this for 2 minutes.



Chest

▶ [Savasana towel on forehead](#)

Sets:1-2 Reps:2-5

Rest:120 seconds

Do this for 2 minutes.

