



Daily9

Make health a habit

INTERMITTENT WORKOUTS

(Read the article on the Daily9 blog)

PICK ONE FOR TODAY

If this happens...



At the start of every hour from 9 am to 6 pm (set an alarm)



After every Zoom meeting



Every time you have a glass of water



After you go to the bathroom



Whenever you feel like reaching for a snack



Every time you check Facebook or social media



Every time you finish a personal Whatsapp chat with friends/ family



Pick a door in your house. Whenever you pass that door

Do this



50 jumps with a skipping rope +
30 second plank



5 Surya namaskars



10 squats +
2 push-ups



Wall sit for 1 minute +
Squats for 1 minute +
Jumping jacks for 1 minute



Plank for 1 minute +
High-knees for 1 minute +
Shoulder stretches for 1 minute



10 lunges +
30 seconds toe touch +
Quad stretch for 30 seconds per leg



1 slow surya namaskar with a 5 second hold at each position



5 push-ups +
5 squats +
20 jumping jacks



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