



**FIGHT ENDURE AND RISE**

# HOME WORKOUT MANUAL

# FIGHT ENDURE AND RISE

## PUSH UPS

### PROCEDURE:

- Keep your back straight with foot and shoulder in straight line
- Place your hand shoulder width apart along the nipple line
- Go down till your chest touches the ground ( 3 sec down)
- Hold at bottom position for 1 sec without resting on ground
- Push back up using chest in 1 sec





# FIGHT ENDURE AND RISE

## BENCH DIPS

### PROCEDURE:

- Place your hand on a bench or chair or bed
- Keep one leg over the other
- Adjust the body so that its around 65 to 75 degree with ground
- Go down feeling the lower chest (3 sec down)
- Hold 1 sec at bottom
- Push back up in 1 sec using the chest alone ( don't use the force from leg)





# FIGHT ENDURE AND RISE

## LATERAL RISE

### PROCEDURE:

- Fill the bag with books
- Lean at an angle towards the wall, keep your foot pointing to ground
- Lift your hand using your elbow (not hand) and feel your shoulder
- Bring the bag down to initial position slowly in a controlled manner
- Do this workout for both hands separately



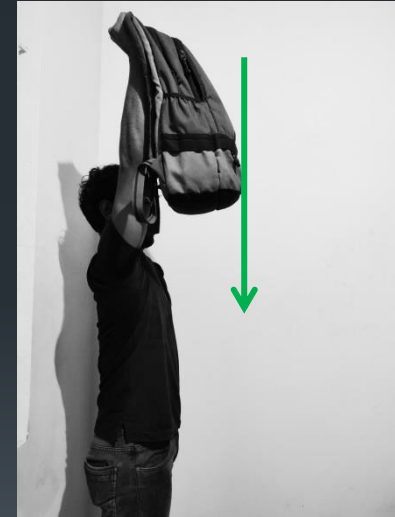
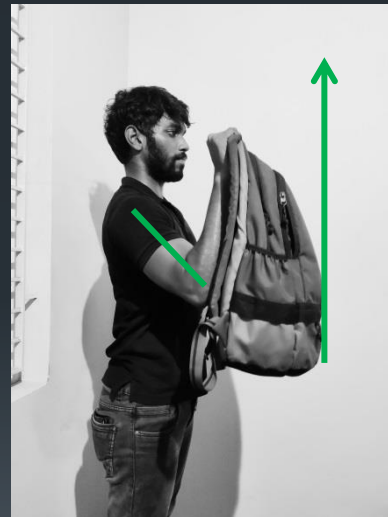


# FIGHT ENDURE AND RISE

## ONE ARM OHP

### PROCEDURE:

- Fill the bag with books
- Hold your bag with elbow facing forward and below your shoulder
- Push the bag up and feel your shoulder
- Slowly lower your bag in a controlled manner to the initial position
- Do this workout for both hands separately.





# FIGHT ENDURE AND RISE

## TRICEP BENCH DIPS

### PROCEDURE:

- Place your hand on the bench or chair or bed
- Face your self away from the bench
- Keep your leg stretched
- Go down slowly till your upper arm is perpendicular to fore arm
- Push back up squeezing the triceps



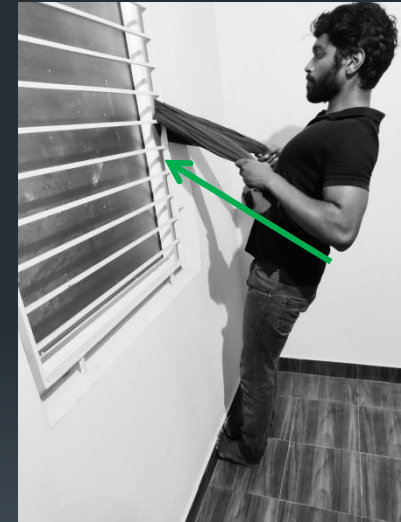
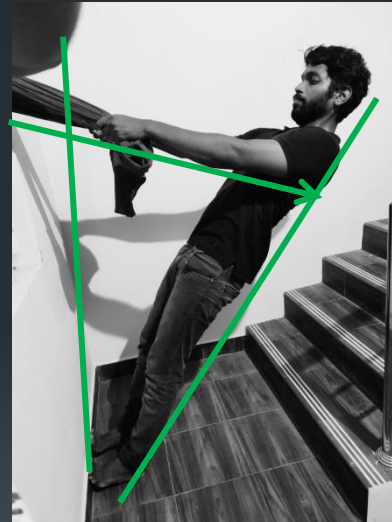


# FIGHT ENDURE AND RISE

## REVERSE ROWS

### PROCEDURE:

- Hook your bed sheet on a window grill at neck height
- Hold the bed sheet and lean away from the wall at max stretch
- Squeeze your back and pull yourself towards the wall using your elbow
- Your elbow should go behind the body
- Hands should come towards your lower chest

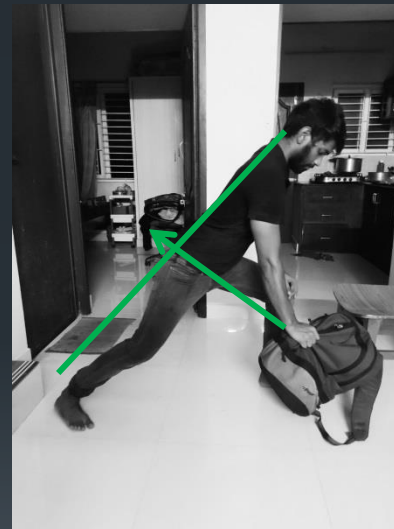


# FIGHT ENDURE AND RISE

## ONE ARM ROWS

### PROCEDURE:

- Fill your bag with books
- Place one hand on your knee and lean forward at 45 degree
- Keep the other leg at back
- Pull your bag up with your elbow crossing your back
- Squeeze your back and bring the bag down
- Do this for both hand separately





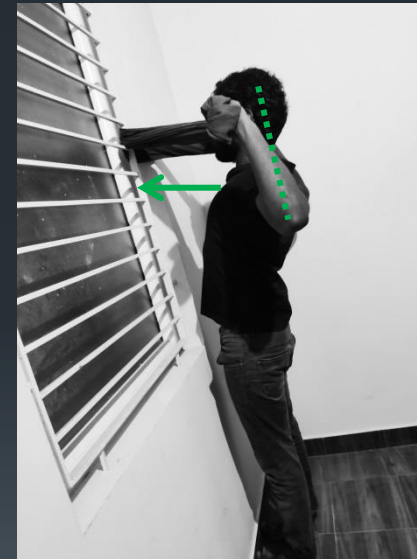
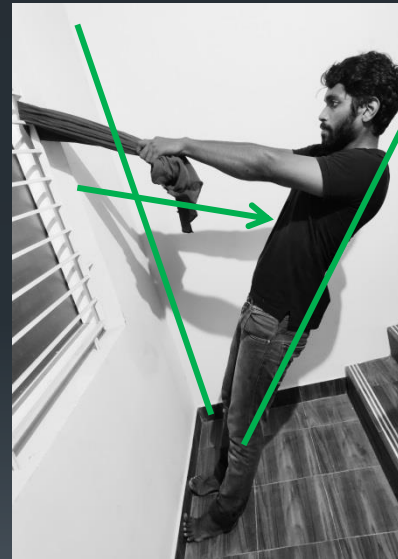


# FIGHT ENDURE AND RISE

## REVERSE FACE PULLS

### PROCEDURE:

- Hook your bed sheet on a window grill at head height
- Hold the bed sheet and lean away from the wall at max stretch
- Squeeze your upper back and pull yourself towards the wall with elbow pointing outwards
- Hands should come towards your ears





# FIGHT ENDURE AND RISE

## REVERSE FLIES

### PROCEDURE:

- Sit on a chair and bend forward by keeping your back straight
- Hold 2 books in two hands
- Lift your hands up in side wards
- Hold for one sec
- Squeeze your upper back
- Lower your arms slowly in a controlled manner





# FIGHT ENDURE AND RISE

## BICEP CURLS

### PROCEDURE:

- Fill your bag with books
- Hold the bag in one hand
- Keep your elbow fixed at the side of your body
- Lift the bag and squeeze the biceps
- Hold for 1 sec
- Slowly lower the bag feeling the stretch in bicep
- Do this for both hands separately



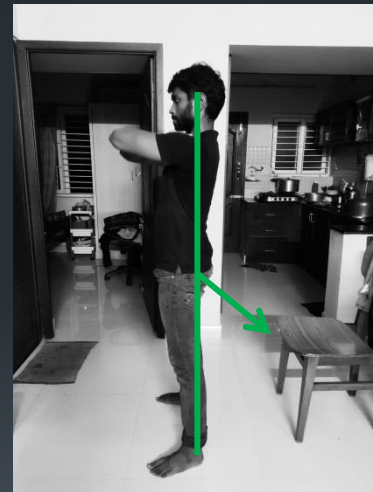


# FIGHT ENDURE AND RISE

## SQUATS

### PROCEDURE:

- Stand with your back straight and have your hands over your shoulder
- Push your butt backwards and go to a sitting position till your thighs are parallel to the ground (u can also go below parallel)
- Make sure that your knee doesn't cross the floor
- Get back up by pushing through your heel

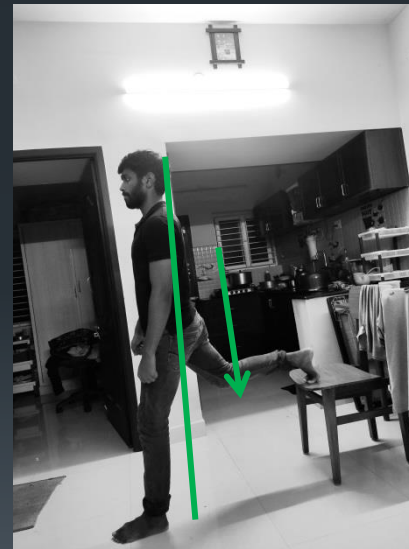


# FIGHT ENDURE AND RISE

## BULGARIAN SPLIT SQUAT

### PROCEDURE:

- Stand with your back straight and one leg on a chair and on slightly forward from body
- Sight down with straight back till thigh is parallel to the ground
- Stand back up by pushing through your heel
- Do this separately for both legs





# FIGHT ENDURE AND RISE

## LUNGES

### PROCEDURE:

- Stand with straight back
- Move one leg forward and sit till the knee of the other leg hits the ground
- Stand up and take your leg backward
- Now do the next rep with other leg





# FIGHT ENDURE AND RISE

## HIP THRUST

### PROCEDURE:

- Fill the bag with books and place it on your hip
- Place your upper back on a bench or chair and legs a little forward
- Keep your hip initially bent towards the ground
- Push your hips up and squeeze your but and hold for 1 sec
- Bring your hips down to initial position





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## CALF RISES

### PROCEDURE:

- Lean forward towards a wall
- Push your heels up and squeeze your calves
- Hold for 1 sec
- Bring your heels slowly down feeling the stretch in calves

