DAILY EXERCISE REGIME:

A. Bhoomi Pranam
B. Soorya Namaskar
C. Aerobic and Anaerobic exercises

1. Stretch hands upwards and jump
2. Stretch hands upwards, Shift weight on heel and toe alternatively
3. Clasp finger outwards in front, sit-up
4. Neck exercise
5. Alternate knee-bend
6. Clasp finger outwards in front, sit-up on both sides
7. Torso rotation: bend forward, bend to the right, bend backwards, bend to the left. Reverse.
8. Rotate hands
9. Clasp finger outwards in front, hop
10. Stretch hands upwards, touch toes and then bend backwards

D. Revise previously learned dances
E. Practice new lessons
F. Bhoomi Pranam