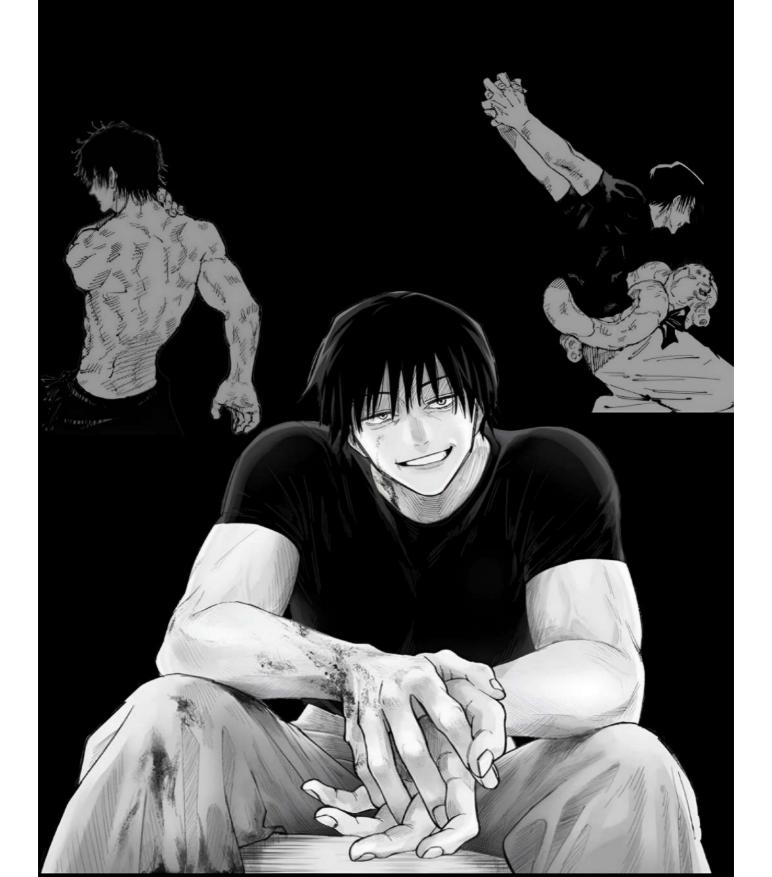
TOJI WORKOUT PLAN



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Monday: Full Body Workout

- Squats: 3 sets of 12 reps
- Push-ups: 3 sets of 10 reps
- Plank: 3 sets of 20 seconds
- Glute Bridges: 3 sets of 15 reps

Tuesday: Upper Body

- Push-ups: 3 sets of 12 reps
- Tricep Dips: 3 sets of 10 reps
- Shoulder Taps: 3 sets of 15 reps per side
- Superman: 3 sets of 12 reps

TOJI WORKOUT PLAN

Wednesday: Lower Body

- Lunges: 3 sets of 12 reps per leg
- Glute Bridges: 3 sets of 15 reps
- Calf Raises: 3 sets of 20 reps
- Wall Sit: 3 sets of 30 seconds

Thursday: Core Workout

- Plank: 3 sets of 30 seconds
- Russian Twists: 3 sets of 20 reps (10 per side)
- Bicycle Crunches: 3 sets of 15 reps per side
- Leg Raises: 3 sets of 12 reps

TOJI WORKOUT PLAN

Friday: Stretching/Yoga

- 20-30 minutes of yoga or stretching exercises
- Light cardio like walking for 10-15 minutes

Saturday & Sunday: Rest Days

Rest or light activities like walking.
 Stick to this plan and adjust the exercises if needed.