

A person wearing a black long-sleeved shirt, black shorts, a black beanie, and a light blue face mask is running on a wooden plank walkway. The walkway is flanked by metal mesh railings. In the background, a large suspension bridge with multiple cables and towers is visible. The scene is captured in a sepia or muted color palette.

EXERCISE

Sreina Ilyas

Inner Greatness



Most people don't make the time to exercise in the morning but if you push yourself to wake up just 30 minutes earlier to exercise it shifts a dramatic change in how you start your day.

And for people who think that those extra 30 minutes are vital in the morning, well just go to bed 30 minutes earlier.

There is no excuse!

- ☐ The night before your day, make sure you're in bed between 30 to 60 minutes earlier.
- ☐ Wake up between 30 to 60 minutes earlier each day.
- ☐ A very gentle stretch in the morning (preferably whilst still in bed) on areas of your body is important, but gentle stretches only.
- ☐ Drink a glass of water just before going to the bathroom.
- ☐ Begin to jog on the spot for 3 minutes to warm up the muscles.
- ☐ Stretch for 7 minutes more, whilst standing (a zoom with Sreina whilst doing this).
- ☐ To begin your exercise you will need: An exercise mat, resistance band or weights (with Sreina).
- ☐ 8 Reps each of: Lunges, reverse lunges, wide squats, and narrow squats, (with Sreina).
- ☐ 8 Reps each of: Bicep curl, tricep curl, sit ups and push ups, (with Sreina)

The background of the entire page is a light gray with a repeating pattern of cartoon illustrations of children in various yoga and stretching poses. The children are diverse in appearance, with different hair colors and styles. Some are in standing poses, some are on the floor, and some are in more complex stretches. The poses include things like the tree pose, downward dog, and child's pose. The overall theme is health, wellness, and children's activities.

Sreina Ilyas

Inner Greatness

Keep Going!

You have come this far which means you can go just a little further

WELL DONE!

Attract⁺

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