

NTI Day 1: Video yourself stretching for 10 minutes. (handout)

NTI Day 2: Video yourself performing 20 bodyweight squats. 1 bonus point for every 20 extra you perform.

NTI Day 3: Go on a 20 minute walk and document the distance you go.

NTI Day 4: Write down a workout that you would recommend to someone wanting to become more athletic.

NTI Day 5: Perform 3 yoga poses and video yourself doing them for 30 second. (handout)

NTI Day 6: Video yourself stretching for 15 minutes (handout)

NTI Day 7: Video yourself performing 2 sets (rounds) of 10 bodyweight squats and 10 pushups.

NTI Day 8: Go on a 20 jog and document the distance you go (walk if necessary)

NTI Day 9: Do a physical activity outside (weather permitting) and document your activity. If unable to go outside, be creative and document yourself being active indoors.

NTI Day 10: Perform 5 yoga poses and video yourself doing them for 30 seconds. (handout)

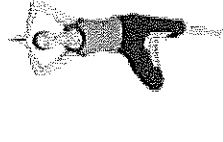
YOGA

CHART-1 (Set of 6)

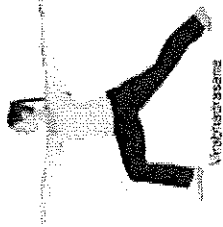
Standing Postures



Tadasana
This is the basic standing posture. It is the foundation for all other standing postures. It is a posture of balance and stability.



Virasana
This is a kneeling posture. It is a posture of strength and stability. It is a posture of balance and stability.



Padmasana
This is a seated posture. It is a posture of balance and stability. It is a posture of strength and stability.



Bhujangasana
This is a prone posture. It is a posture of strength and stability. It is a posture of balance and stability.



Ardha Chandrasana
This is a standing posture. It is a posture of balance and stability. It is a posture of strength and stability.



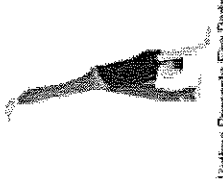
Urdhva Dhanurasana
This is a standing posture. It is a posture of strength and stability. It is a posture of balance and stability.



Bhujangasana
This is a prone posture. It is a posture of strength and stability. It is a posture of balance and stability.



Padmasana
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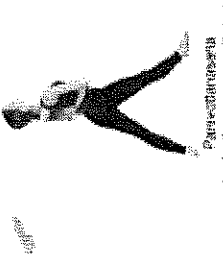
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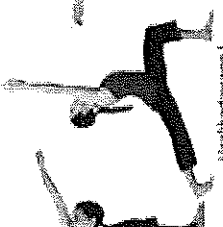
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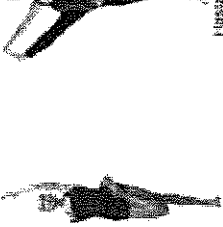
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