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HEALTH & FITNESS · BOOK 20

Home Workout Plans with AI

No gym? No problem. Personalised home, yoga and walking routines for busy Indians, beginners, women and 40+

19 ready-to-use prompts

Real Indian examples

Works on free AI plans

20

ChatGPT · Gemini · Claude · Copilot · Meta AI · Perplexity

Small books. Big shortcuts.

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19 prompts inside. Tap any line to jump to it. Every chapter ends with a **↑ Back to contents** link.

START HERE

3 Quick Wins in 2 Minutes

Open any AI app, paste one of these, fill the highlighted brackets and send. You will have something useful in two minutes. Do the setup chapter later.

P01 10-minute workout right now

Use when: You want to move today, no equipment

You are a certified personal trainer who designs safe home workouts for Indian beginners.

My level: [beginner/intermediate]. Space: [small room]. Any pain or condition: [knees, back, none].

Noise limit: [no jumping?].

Task: give me a 10-minute workout I can start now.

Format: warm-up (2 min), circuit (6 min) with time per move, cool-down (2 min); an easier option for each move.

Constraints: safe for my body; no equipment; tell me when to stop (sharp pain, dizziness).

1.6 Your language, and staying safe

- ✓ End any prompt with *"Reply in simple Hinglish"*, *"Reply in Hindi"* or *"Reply in Tamil / Marathi / Bengali..."*. You can type in Hinglish too.
- ✓ For anything official, ask for English and then *"explain it to me in Hindi"* so you know what you are sending.
- ! Never paste Aadhaar, PAN, bank, card, OTP or password details. Use placeholders like [my PAN].
- ! AI can sound confident and still be wrong. Verify important facts with an official source.
- ! Download apps only from the official publisher. Ignore "free premium" APK links.

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CHAPTER 2

Your Personal Workout Plan

Plans that match your real time, space and body.

P04 Personal 4-week plan

Use when: Starting from scratch

Act as a certified personal trainer. Using my profile [paste], create a 4-week home workout plan. For each day: warm-up, main workout (exercise, sets, reps/time, rest), cool-down. Include easier/harder options and weekly progression.