

PCOD Exercise Chart

Daily Routine (Free Printable PDF)

Warm-up (5 min)

- Neck & Shoulder Rolls – 1 min
- Arm Circles – 1 min
- Marching in Place – 3 min

Cardio (15-20 min)

- Brisk Walking / Marching in Place
- Low-Impact Aerobics or Dancing
- Cycling (stationary or outdoor)

Strength Training (10 min, 3x/week)

- Wall Push-Ups – 2 sets of 10
- Chair Squats – 2 sets of 10
- Resistance Band Rows – 2 sets of 12

Yoga & Stretching (10 min)

- Cat-Cow Pose – 5 breaths
- Bridge Pose – 5 breaths
- Seated Forward Bend – 5 breaths
- Butterfly Stretch – 1 min

Breathing & Relaxation (5 min)

- Deep Belly Breathing – 2 min
- Anulom Vilom (Alternate Nostril) – 3 min

Stick this chart on your fridge & stay consistent!

Source: gharkenuskhe.com