

Day-5	Youtube link/ Document link	Topic	Description
Part-I	<a href="https://youtu.be/sfBUdNKceh4">https://youtu.be/sfBUdNKceh4</a>	Lean muscle development and its advantages	These days youth interested in going to gym developing muscle, doctors talk about lean muscle as good indicator for cardio health. Which muscle is good, why, what is the purpose of exercise and who needs which exercise, it's pure science of exercise physiology. In India no medical post-graduation specialisation in Exercise physiology. Know those important aspects of fitness which everyone talks about but no one in actually understands. It is very educating .Please listen and implement and make your exercise practice science based to get result.
Part-II	<a href="https://www.youtube.com/watch?v=TT7flrSTbjA&amp;list=PLpnQrZBJqekEla9L3tGHfsxzXt_W3B7IY&amp;index=5">https://www.youtube.com/watch?v=TT7flrSTbjA&amp;list=PLpnQrZBJqekEla9L3tGHfsxzXt_W3B7IY&amp;index=5</a>  <a href="https://www.youtube.com/watch?v=7KtyCQRB1TE&amp;list=PLpnQrZBJqekEla9L3tGHfsxzXt_W3B7IY&amp;index=6">https://www.youtube.com/watch?v=7KtyCQRB1TE&amp;list=PLpnQrZBJqekEla9L3tGHfsxzXt_W3B7IY&amp;index=6</a>	Yoga Practice Session	Enjoy the practice for lean muscle development. If one practices to stay in the posture for longer duration, it will help in developing endurance. If done in a faster way helps in developing power, speed and sustaining heart rate for a long duration will help in Creating new mitochondria.