



Your workout should start with Stretching followed by Warming up your muscles. For that, we recommend these 5 games. You can choose any game for warm-up

Warm-Up Games:::

1. Beat Saber
2. Ragnarock
3. Smash Drums
4. Synth Riders
5. Audio Trip

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After warm-up, comes the HIIT games or you can say those games that make your heart race and blood flow making you ready for the heavy and final workout. For that, we recommend these 4 games. You can choose any game but make sure to choose the HIGHEST Difficulty in which you can play to really make your muscles and body move.

HIIT / BOOSTER

1. Powerbeats
2. Knockout League
3. Ragnarock
4. Smash Drums

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And finally comes the End All Be All Games, I think after playing these games, you cannot move on to the next set of exercises. And for that, we have shortlisted these 3 games. Make sure to select the difficulty that takes you a little out of your comfort zone. Move and use your body as much as you can. If you are doing squats then do them properly, if you're throwing a jab then make sure you twist your hips. You cannot mix and match any of these games and for that please see our workout routine below!

THE SUPER HARD:::

1. The Thrill Of The Fight
2. Pistol Whip

3. Power Beats

You can mix and match different games to create your Own VR Workout routine. Here's Our Ultimate VR Workout Routine:

The Ultimate VR Workout Routine:::

| DAYS | WARM-UP: 15MINUTES or 3 Songs/Levels | HIIT / BOOSTER: 15MINUTES or 3 Songs/Levels | THE SUPER HARD: 15Mins on Hardest Difficulty |
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| DAY 1: | Beat Saber | Ragnarock / Smash Drums | Pistol Whip |
| DAY 2: | Beat Saber | Synth Riders / Audio Trip | The Thrill o.t. Fight |
| DAY 3: | Ragnarock / Smash Drums | Knockout League + Synth Riders / Audio Trip | Pistol Whip |
| DAY 4: | Synth Riders / Audio Trip | Power Beats VR | The Thrill o.t. Fight |
| DAY 5: | Ragnarock / Smash Drums | Power Beats VR | Pistol Whip |
| DAY 6: | Beat Saber + Knockout League | Power Beats VR | The Thrill o.t. Fight |