

PHYSICAL TRAINING PROGRAMME FOR SAMHS BASIC TRAINING

(03/07/06-29/09/06)

PHYSICAL TRAINING PROGRAMME

WEEK 1- DAY 1 (10/7/2006) (1)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps	
1	Warm-up	Arm circles- forward		2	12	
		Arm circles- backwards		2	12	
		Jog gently on the spot			3 minutes	
		Standing ITB stretch	76	2		20s each
		Standing lateral torso stretch	89	2		20s each
2	Upper body exercise	Normal push-ups	1	2	10-12	
3	Leg exercise	Squats	40	2	10-12	
4	Upper body exercise	Tricep extensions	6	2	10-12	
5	Abdominal exercise	Sit-ups	29	2	maximum	
6	Back exercise	Back extension on floor (upper body only)	19	2	10-12	
7	Leg exercise	Sitting single straight leg raise	41	2	10-12	
8	Abdominal exercise	Hip flexors	28	2	maximum	
9	Cardiovascular activity	/walking/ Jogging			45 sec walking/ 15 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each	
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each	
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each	
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each	

PHYSICAL TRAINING PROGRAMME

WEEK 1- DAY 2 (11/7/2006) (2)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps	
1	Warm-up	Arm circles- forward		2	12	
		Arm circles- backwards		2	12	
		Jog gently on the spot			3 minutes	
		Standing ITB stretch	76	2		20s each
		Standing lateral torso stretch	89	2		20s each
2	Upper body exercise	Push-ups –hands together	2	2	10-12	
3	Leg exercise	Lunges	46	2	10-12	
4	Upper body exercise	Shoulder press	5	2	10-12	
5	Abdominal exercise	Crunches	30	2	Maximum	
6	Back exercise	Back extension on floor (ljust legs)	20	2	10-12	
7	Leg exercise	Sitting single straight leg raise	41	2	20	
8	Abdominal exercise	Hip flexors	28	2	Maximum	
9	Cardiovascular activity	Walking/ Jogging			45 sec walking/ 15 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each	
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each	
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each	
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each	

PHYSICAL TRAINING PROGRAMME

WEEK 1- DAY 3 (12/7/2006) (3)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Normal push-ups	1	2	10-12
3	Leg exercise	Squats	40	2	10-12
4	Upper body exercise	Tricep extensions	6	2	10-12
5	Abdominal exercise	Sit-ups	29	2	Maximum
6	Back exercise	Back extension on floor (upper body only)	19	2	10-12
7	Leg exercise	Sitting single straight leg raise	41	2	10-12
8	Abdominal exercise	Hip flexors	28	2	Maximum
9	Cardiovascular activity	/walking/ Jogging		45 sec walking/ 15 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 1- DAY 4 (13/7/2006) (4)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps	
1	Warm-up	Arm circles- forward		2	12	
		Arm circles- backwards		2	12	
		Jog gently on the spot			3 minutes	
		Standing ITB stretch	76	2		20s each
		Standing lateral torso stretch	89	2		20s each
2	Upper body exercise	Push-ups –hands wide apart	4	2	10-12	
3	Leg exercise	Side lunges	47A	2	10-12	
4	Upper body exercise	Tricep extension	6	2	10-12	
5	Abdominal exercise	Sit-ups	29	2	Maximum	
6	Back exercise	Back extension on floor (upper body)	19	2	10-12	
7	Leg exercise	Abduction leg raise	44	2	20	
8	Abdominal exercise	Reverse crunch	31	2	Maximum	
9	Cardiovascular activity	Walking/ Jogging		45 sec walking/ 15 sec jogging 20= 20 min		
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each	
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each	
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each	
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each	

PHYSICAL TRAINING PROGRAMME

WEEK 2- DAY 1 (18/07/06) (5)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Normal push-ups	1	2	15
3	Leg exercise	Squats	40	2	15
4	Upper body exercise	Tricep extensions	6	2	15
5	Abdominal exercise	Sit-ups	29	2	maximum
6	Back exercise	Back extension on floor (upper body only)	19	2	15
7	Leg exercise	Sitting single straight leg raise	41	2	20
8	Abdominal exercise	Hip flexors	28	2	maximum
9	Cardiovascular activity	/walking/ Jogging		30 sec walking/ 30 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 2- DAY 2 (19/7/2006) (6)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands together	2	2	15
3	Leg exercise	Lunges	46	2	15
4	Upper body exercise	Shoulder press	5	2	15
5	Abdominal exercise	Crunches	30	2	maximum
6	Back exercise	Back extension on floor (ljust legs)	20	2	15
7	Leg exercise	Sitting single straight leg raise	41	2	20
8	Abdominal exercise	Hip flexors	28	2	maximum
9	Cardiovascular activity	Walking/ Jogging		30 sec walking/ 30 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 2- DAY 3 (20/7/2006) (7)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Normal push-ups	1	2	15
3	Leg exercise	Squats	40	2	15
4	Upper body exercise	Tricep extensions	6	2	15
5	Abdominal exercise	Sit-ups	29	2	maximum
6	Back exercise	Back extension on floor (upper body only)	19	2	15
7	Leg exercise	Sitting single straight leg raise	41	2	20
8	Abdominal exercise	Hip flexors	28	2	maximum
9	Cardiovascular activity	/walking/ Jogging		30 sec walking/ 30 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 2- DAY 4 (21 /7/2006) (8)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands wide apart	4	2	15
3	Leg exercise	Side lunges	47A	2	15
4	Upper body exercise	Tricep extension	6	2	15
5	Abdominal exercise	Sit-ups	29	2	maximum
6	Back exercise	Back extension on floor (upper body)	19	2	15
7	Leg exercise	Abduction leg raise	44	2	20
8	Abdominal exercise	Reverse crunch	31	2	maximum
9	Cardiovascular activity	Walking/ Jogging		30 sec walking/ 30 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 3- DAY 1 (24/07/06) (9)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Normal push-ups	1	2	15
3	Leg exercise	Squats	40	2	15
4	Upper body exercise	Tricep extensions	6	2	15
5	Abdominal exercise	Sit-ups	29	2	maximum
6	Back exercise	Back extension on floor (upper body only)	19	2	15
7	Leg exercise	Sitting single straight leg raise	41	2	20
8	Abdominal exercise	Hip flexors	28	2	maximum
9	Cardiovascular activity	/walking/ Jogging		15 sec walking/ 45 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 3- DAY 2 (25/7/2006) (10)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands together	2	2	15
3	Leg exercise	Lunges	46	2	15
4	Upper body exercise	Shoulder press	5	2	15
5	Abdominal exercise	Crunches	30	2	maximum
6	Back exercise	Back extension on floor (ljust legs)	20	2	15
7	Leg exercise	Sitting single straight leg raise	41	2	20
8	Abdominal exercise	Hip flexors	28	2	maximum
9	Cardiovascular activity	Walking/ Jogging		15 sec walking/ 45 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 3- DAY 3 (27/7/2006) (11)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Normal push-ups	1	2	15
3	Leg exercise	Squats	40	2	15
4	Upper body exercise	Tricep extensions	6	2	15
5	Abdominal exercise	Sit-ups	29	2	maximum
6	Back exercise	Back extension on floor (upper body only)	19	2	15
7	Leg exercise	Sitting single straight leg raise	41	2	20
8	Abdominal exercise	Hip flexors	28	2	maximum
9	Cardiovascular activity	/walking/ Jogging		15 sec walking/ 45 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 3- DAY 4 (28/7/2006) (12)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands wide apart	4	2	15
3	Leg exercise	Side lunges	47A	2	15
4	Upper body exercise	Tricep extension	6	2	15
5	Abdominal exercise	Sit-ups	29	2	maximum
6	Back exercise	Back extension on floor (upper body)	19	2	15
7	Leg exercise	Abduction leg raise	44	2	20
8	Abdominal exercise	Reverse crunch	31	2	maximum
9	Cardiovascular activity	Walking/ Jogging		15 sec walking/ 45 sec jogging 20= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 4- DAY 1 (31/07/06) (13)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Normal push-ups	1	3	10-12
3	Leg exercise	Squats	40	3	10-12
4	Upper body exercise	Tricep extensions	6	3	10-12
5	Abdominal exercise	Sit-ups	29	3	maximum
6	Back exercise	Back extension on floor (upper body only)	19	3	10-12
7	Leg exercise	Sitting single straight leg raise	41	3	10-12
8	Abdominal exercise	Hip flexors	28	3	maximum
9	Cardiovascular activity	/walking/ Jogging		5 sec walking/ 55 sec jogging 25= 25 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 4- DAY 2 (01/8/2006) (14)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups – (alt. side to side)	3	3	10-12
3	Leg exercise	Lunges	46	3	10-12
4	Upper body exercise	Shoulder press	5	3	10-12
5	Abdominal exercise	Scissors	25	3	Maximum
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	20	3	10-12
7	Leg exercise	Calf raises (both legs)	51	3	20
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		5 sec walking/ 55 sec jogging 25= 25 min	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 4- DAY 3 (03/8/2006) (15)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Normal push-ups	1	3	10-12
3	Leg exercise	Squats	40	3	10-12
4	Upper body exercise	Tricep extensions	6	3	10-12
5	Abdominal exercise	Sit-ups	29	3	maximum
6	Back exercise	Back extension on floor (upper body only)	19	3	10-12
7	Leg exercise	Sitting single straight leg raise	41	3	10-12
8	Abdominal exercise	Hip flexors	28	3	maximum
9	Cardiovascular activity	/walking/ Jogging		5 sec walking/ 55 sec jogging 25= 25 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 4- DAY 4 (04/8/2006) (16)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands wide apart	4	3	10-12
3	Leg exercise	Side lunges	47A	3	10-12
4	Upper body exercise	Tricep extension	6	3	10-12
5	Abdominal exercise	Sit-ups	29	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	10-12
7	Leg exercise	Abduction leg raise	44	3	20
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		5 sec walking/ 55 sec jogging 25= 25 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 5- DAY 1 (07/08/06) (17) : EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Bicep curls	7	2	10-12
3	Leg exercise	Squats	50	2	10-12
4	Upper body exercise	Tricep extensions	14	2	10-12
5	Abdominal exercise	Sit-ups	38	2	maximum
6	Back exercise	Bent over row	23	2	10-12
7	Leg exercise	Calf raises	51	2	10-12
8	Abdominal exercise	Reverse crunch	31	3	maximum
9	Cardiovascular activity	Walking/ Jogging		5 sec walking/ 55 sec jogging 25= 25 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 5- DAY 2 (08/08/2006) (18)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps	
1	Warm-up	Arm circles- forward		2	12	
		Arm circles- backwards		2	12	
		Jog gently on the spot			3 minutes	
		Standing ITB stretch	76	2		20s each
		Standing lateral torso stretch	89	2		20s each
2	Upper body exercise	Push-ups – (alt. side to side)	3	3	10-12	
3	Leg exercise	Lunges	46	3	10-12	
4	Upper body exercise	Shoulder press	5	3	10-12	
5	Abdominal exercise	Scissors	25	3	Maximum	
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	20	3	10-12	
7	Leg exercise	Calf raises (both legs)	51	3	20	
8	Abdominal exercise	Reverse crunch	31	3	Maximum	
9	Cardiovascular activity	Walking/ Jogging		25 min jogging		
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each	
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each	
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each	
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each	

PHYSICAL TRAINING PROGRAMME

WEEK 5- DAY 3 (10/08/2006) (19)EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps	
1	Warm-up	Arm circles- forward		2	12	
		Arm circles- backwards		2	12	
		Jog gently on the spot			3 minutes	
		Standing ITB stretch	76	2		20s each
		Standing lateral torso stretch	89	2		20s each
2	Upper body exercise	Bicep curls	7	2	10-12	
3	Leg exercise	Squats	50	2	10-12	
4	Upper body exercise	Tricep extensions	14	2	10-12	
5	Abdominal exercise	Sit-ups	38	2	maximum	
6	Back exercise	Bent over row	23	2	10-12	
7	Leg exercise	Calf raises	51	2	10-12	
8	Abdominal exercise	Reverse crunch	31	3	maximum	
9	Cardiovascular activity	Walking/ Jogging		5 sec walking/ 55 sec jogging 25= 25 min		
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each	
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each	
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each	
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each	

PHYSICAL TRAINING PROGRAMME

WEEK 5- DAY 4 (11/08/2006) (20)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands wide apart	4	3	10-12
3	Leg exercise	Side lunges	47A	3	10-12
4	Upper body exercise	Tricep extension	6	3	10-12
5	Abdominal exercise	Sit-ups	29	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	10-12
7	Leg exercise	Abduction leg raise	44	3	20
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		25 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 6- DAY 1 (14/08/06) (21): EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Chest press	11	2	10-12
3	Leg exercise	Squats	50	2	10-12
4	Upper body exercise	Pull-overs	13	2	10-12
5	Abdominal exercise	Sit-ups	38	2	maximum
6	Back exercise	Dead lift	22	2	10-12
7	Leg exercise	Alt. calf raises	52	2	10-12
8	Abdominal exercise	Bent knee U crunch	35	3	maximum
9	Cardiovascular activity	Walking/ Jogging		25 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 6- DAY 2 (15/08/2006) (22)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups – (alt. side to side)	3	3	10-12
3	Leg exercise	Lunges	46	3	10-12
4	Upper body exercise	Shoulder press	5	3	10-12
5	Abdominal exercise	Scissors	25	3	Maximum
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	20	3	10-12
7	Leg exercise	Calf raises (both legs)	51	3	20
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		5 sec walking/ 55 sec jogging x30= 30 min	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 6- DAY 3 (17/08/2006) (23)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Chest press	11	2	10-12
3	Leg exercise	Squats	50	2	10-12
4	Upper body exercise	Pull-overs	13	2	10-12
5	Abdominal exercise	Sit-ups	38	2	maximum
6	Back exercise	Dead lift	22	2	10-12
7	Leg exercise	Alt. calf raises	52	2	10-12
8	Abdominal exercise	Bent knee U crunch	35	3	maximum
9	Cardiovascular activity	Walking/ Jogging		25 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 6- DAY 4 (18/08/2006) (24)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands wide apart	4	3	10-12
3	Leg exercise	Side lunges	47A	3	10-12
4	Upper body exercise	Tricep extension	6	3	10-12
5	Abdominal exercise	Sit-ups	29	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	10-12
7	Leg exercise	Abduction leg raise	44	3	20
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		5 sec walking/ 55 sec jogging x30= 30 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 7- DAY 1 (21/08/06) (25): EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Bicep curls	7	3	10-12
3	Leg exercise	Squats	50	3	10-12
4	Upper body exercise	Tricep extensions	14	3	10-12
5	Abdominal exercise	Sit-ups	38	3	maximum
6	Back exercise	Bent over row	23	3	10-12
7	Leg exercise	Calf raises	51	3	10-12
8	Abdominal exercise	Reverse crunch	31	3	maximum
9	Cardiovascular activity	Walking/ Jogging		1min slow jog/ 30 sec sprint x 15= 7.5min + 15 minutes jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 7- DAY 2 (22/08/2006) (26)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Normal push-ups	1	3	15
3	Leg exercise	Lunges	46	3	15
4	Upper body exercise	Shoulder press	5	3	15
5	Abdominal exercise	Scissors	25	3	Maximum
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	20	3	15
7	Leg exercise	Calf raises (both legs)	51	3	20
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 7- DAY 3 (24/08/2006) (27)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Chest press	11	3	10-12
3	Leg exercise	Squats	50	3	10-12
4	Upper body exercise	Pull-overs	13	3	10-12
5	Abdominal exercise	Sit-ups	38	3	maximum
6	Back exercise	Dead lift	22	3	10-12
7	Leg exercise	Alt. calf raises	52	3	10-12
8	Abdominal exercise	Bent knee U crunch	35	3	maximum
9	Cardiovascular activity	Walking/ Jogging		1min slow jog/ 30 sec sprint x 15= 7.5min + 15 minutes jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 7- DAY 4 (25/08/2006) (28)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands wide apart	4	3	15
3	Leg exercise	Side lunges	47A	3	15
4	Upper body exercise	Tricep extension	6	3	15
5	Abdominal exercise	Sit-ups	29	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	15
7	Leg exercise	Abduction leg raise	44	3	20
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 8- DAY 1 (28/08/06) (29): EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Upward row	8	3	10-12
3	Leg exercise	Lunges	50	3	10-12
4	Upper body exercise	Shoulder press	12	3	10-12
5	Abdominal exercise	Jack knives	26	3	maximum
6	Back exercise	Dead lift	23	3	10-12
7	Leg exercise	Alt. calf raises	52	3	10-12
8	Abdominal exercise	Sit-ups	38	3	maximum
9	Cardiovascular activity	Walking/ Jogging		45 seconds slow jog/ 30 sec sprint x 20= 23 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 8- DAY 2 (29/08/2006) (30)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups (hands together)	1	3	15
3	Leg exercise	Abduction leg raise	44	3	15
4	Upper body exercise	Tricep extension	6	3	15
5	Abdominal exercise	Straight leg U crunch	34	3	Maximum
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	21	3	15
7	Leg exercise	Adduction leg raise	45	3	20
8	Abdominal exercise	Single hip flexion	32	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 8- DAY 3 (31/08/2006) (31)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Shoulder shrugs	9	3	10-12
3	Leg exercise	Squats	50	3	10-12
4	Upper body exercise	Pull-overs	13	3	10-12
5	Abdominal exercise	Sit-ups	38	3	Maximum
6	Back exercise	Bent over row	23	3	10-12
7	Leg exercise	Calf raises (both legs)	51	3	10-12
8	Abdominal exercise	Bicycle crunch	33	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		45 seconds slow jog/ 30 sec sprint x 20= 23 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 8- DAY 4 (09/09/2006) (32)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –alt. Side to side	3	3	15
3	Leg exercise	Sitting single leg raise (foot position turned out)	43	3	20
4	Upper body exercise	Shoulder press	6	3	15
5	Abdominal exercise	Alt. Jack knives	26	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	15
7	Leg exercise	Side lunges	47A	3	20
8	Abdominal exercise	Hip flexors	28	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 9- DAY 1 (04/09/06) (33): EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Bicep curls	7	3	10-12
3	Leg exercise	Squats	50	3	10-12
4	Upper body exercise	Tricep extensions	14	3	10-12
5	Abdominal exercise	Sit-ups	38	3	Maximum
6	Back exercise	Bent over row	23	3	10-12
7	Leg exercise	Calf raises	51	3	10-12
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 slow jog/ 30 sec sprint x 15= 15min + 10 minutes jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 9- DAY 2 (05/09/2006) (34)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps	
1	Warm-up	Arm circles- forward		2	12	
		Arm circles- backwards		2	12	
		Jog gently on the spot			3 minutes	
		Standing ITB stretch	76	2		20s each
		Standing lateral torso stretch	89	2		20s each
2	Upper body exercise	Normal push-ups	1	3	15	
3	Leg exercise	Lunges	46	3	15	
4	Upper body exercise	Shoulder press	5	3	15	
5	Abdominal exercise	Scissors	25	3	Maximum	
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	20	3	15	
7	Leg exercise	Calf raises (both legs)	51	3	20	
8	Abdominal exercise	Reverse crunch	31	3	Maximum	
9	Cardiovascular activity	Walking/ Jogging		30 min jogging		
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each	
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each	
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each	
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each	

PHYSICAL TRAINING PROGRAMME

WEEK 9- DAY 3 (07/09/2006) (35)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Chest press	11	3	10-12
3	Leg exercise	Squats	50	3	10-12
4	Upper body exercise	Pull-overs	13	3	10-12
5	Abdominal exercise	Sit-ups	38	3	Maximum
6	Back exercise	Dead lift	22	3	10-12
7	Leg exercise	Alt. calf raises	52	3	10-12
8	Abdominal exercise	Bent knee U crunch	35	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30sec slow jog/ 30 sec sprint x 15=15min + 10 minutes jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 9- DAY 4 (08/09/2006) (36)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands wide apart	4	3	15
3	Leg exercise	Side lunges	47A	3	15
4	Upper body exercise	Tricep extension	6	3	15
5	Abdominal exercise	Sit-ups	29	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	15
7	Leg exercise	Abduction leg raise	44	3	20
8	Abdominal exercise	Reverse crunch	31	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 10- DAY 1 (11/09/06) (37): EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Upward row	8	3	10-12
3	Leg exercise	Lunges	50	3	10-12
4	Upper body exercise	Shoulder press	12	3	10-12
5	Abdominal exercise	Jack knives	26	3	Maximum
6	Back exercise	Dead lift	23	3	10-12
7	Leg exercise	Alt. calf raises	52	3	10-12
8	Abdominal exercise	Sit-ups	38	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 seconds slow jog/ 30 sec sprint x 20= 20 min + 5 minutes jog	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 10- DAY 2 (12/09/2006) (38)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups (hands together)	1	3	15
3	Leg exercise	Abduction leg raise	44	3	15
4	Upper body exercise	Tricep extension	6	3	15
5	Abdominal exercise	Straight leg U crunch	34	3	Maximum
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	21	3	15
7	Leg exercise	Adduction leg raise	45	3	20
8	Abdominal exercise	Single hip flexion	32	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 10- DAY 3 (14/09/2006) (39)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Shoulder shrugs	9	3	10-12
3	Leg exercise	Squats	50	3	10-12
4	Upper body exercise	Pull-overs	13	3	10-12
5	Abdominal exercise	Sit-ups	38	3	maximum
6	Back exercise	Bent over row	23	3	10-12
7	Leg exercise	Calf raises (both legs)	51	3	10-12
8	Abdominal exercise	Bicycle crunch	33	3	maximum
9	Cardiovascular activity	Walking/ Jogging		30 seconds slow jog/ 30 sec sprint x 20= 20 min + 5 min jog	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 10- DAY 4 (15/09/2006) (40)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –alt. Side to side	3	3	15
3	Leg exercise	Sitting single leg raise (foot position turned out)	43	3	20
4	Upper body exercise	Shoulder press	6	3	15
5	Abdominal exercise	Alt. Jack knives	26	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	15
7	Leg exercise	Side lunges	47A	3	20
8	Abdominal exercise	Hip flexors	28	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 11- DAY 1 (18/09/06) (41): EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Upward row	8	3	
3	Leg exercise	Squats	50	3	15
4	Upper body exercise	Tricep extensions	14	3	15
5	Abdominal exercise	Sit-ups	38	3	Maximum
6	Back exercise	Bent over row	23	3	15
7	Leg exercise	Calf raises	51	3	15
8	Abdominal exercise	Side lift old and twist	37	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 slow jog/ 30 sec sprint x 25= 25min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 11- DAY 2 (19/09/2006) (42)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps	
1	Warm-up	Arm circles- forward		2	12	
		Arm circles- backwards		2	12	
		Jog gently on the spot			3 minutes	
		Standing ITB stretch	76	2		20s each
		Standing lateral torso stretch	89	2		20s each
2	Upper body exercise	Push-ups – alt. Side to side	1	3	15	
3	Leg exercise	Lunges	46	3	15	
4	Upper body exercise	Shoulder press	5	3	15	
5	Abdominal exercise	Alt. Jack knives	26	3	Maximum	
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	21	3	15	
7	Leg exercise	Calf raises (both legs)	51	3	20	
8	Abdominal exercise	Reverse crunch	31	3	Maximum	
9	Cardiovascular activity	Walking/ Jogging		30 min jogging		
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each	
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each	
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each	
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each	

PHYSICAL TRAINING PROGRAMME

WEEK 11- DAY 3 (21/09/2006) (43)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Chest press	11	3	15
3	Leg exercise	Squats	50	3	15
4	Upper body exercise	Pull-overs	13	3	15
5	Abdominal exercise	Sit-ups	38	3	Maximum
6	Back exercise	Dead lift	22	3	15
7	Leg exercise	Alt. calf raises	52	3	15
8	Abdominal exercise	Bent knee U crunch	35	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30sec slow jog/ 30 sec sprint x 25=25min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 11- DAY 4 (22/09/2006) (44)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –hands wide apart	4	3	15
3	Leg exercise	Side lunges	47A	3	15
4	Upper body exercise	Tricep extension	6	3	15
5	Abdominal exercise	Sit-ups	29	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	15
7	Leg exercise	Abduction leg raise	44	3	20
8	Abdominal exercise	Side lift hold and twist	37	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 12- DAY 1 (25/09/06) (45): EQUIPMENT- POLES

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Upward row	8	3	15
3	Leg exercise	Lunges	50	3	15
4	Upper body exercise	Shoulder press	12	3	15
5	Abdominal exercise	Jack knives	26	3	Maximum
6	Back exercise	Dead lift	23	3	15
7	Leg exercise	Alt. calf raises	52	3	15
8	Abdominal exercise	Sit-ups	38	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		20 seconds slow jog/ 30 sec sprint x 25 min= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 12- DAY 2 (26/09/2006) (46)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups (hands together)	1	3	15
3	Leg exercise	Abduction leg raise	44	3	15
4	Upper body exercise	Tricep extension	6	3	15
5	Abdominal exercise	Straight leg U crunch	34	3	Maximum
6	Back exercise	Back extension on floor (opp. Leg with opp. Arm)	21	3	15
7	Leg exercise	Adduction leg raise	45	3	20
8	Abdominal exercise	Single hip flexion	32	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Shoulder extensor stretch	100	3	20s each
12	Stretching exercise- legs body	Straddle hamstring stretch	62	3	20s each
13	Stretching exercise- legs body	Standing quadriceps stretch	69	3	20s each
14	Stretching exercise- lower leg	Tibialis anterior stretch	57	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 12- DAY 3 (27/09/2006) (47)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Shoulder shrugs	9	3	15
3	Leg exercise	Squats	50	3	15
4	Upper body exercise	Pull-overs	13	3	15
5	Abdominal exercise	Sit-ups	38	3	maximum
6	Back exercise	Bent over row	23	3	15
7	Leg exercise	Calf raises (both legs)	51	3	15
8	Abdominal exercise	Bicycle crunch	33	3	maximum
9	Cardiovascular activity	Walking/ Jogging		20 seconds slow jog/ 30 sec sprint x 25 min= 20 min	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME

WEEK 12- DAY 4 (28/09/2006) (48)

Ser No.	Exercise description	Exercise no	No	No. of sets	Reps
1	Warm-up	Arm circles- forward		2	12
		Arm circles- backwards		2	12
		Jog gently on the spot		3 minutes	
		Standing ITB stretch	76	2	20s each
		Standing lateral torso stretch	89	2	20s each
2	Upper body exercise	Push-ups –alt. Side to side	3	3	15
3	Leg exercise	Sitting single leg raise (foot position turned out)	43	3	20
4	Upper body exercise	Shoulder press	6	3	15
5	Abdominal exercise	Alt. Jack knives	26	3	Maximum
6	Back exercise	Back extension on floor (upper body)	19	3	15
7	Leg exercise	Side lunges	47A	3	20
8	Abdominal exercise	Hip flexors	28	3	Maximum
9	Cardiovascular activity	Walking/ Jogging		30 min jogging	
10	Stretching exercise- upper body	Overhead tricep stretch	101	3	20s each
12	Stretching exercise- legs body	Lying hamstring stretch	58	3	20s each
13	Stretching exercise- legs body	Side lying quadriceps stretch	68	3	20s each
14	Stretching exercise- back	Sitting upper back stretch	92	3	20s each

PHYSICAL TRAINING PROGRAMME