

Fitness Chart

Day	Exercise	Image	Three Months Prior	Two Months Prior	One Months Prior
Day 1	Uphill training (Stairs Climbing)	5	2 minutes (2 minutes continuously)	5 minutes (2.5 minutes continuously*2 sets) 1 minute break between each set	6 minutes (3 minutes continuously*2 sets) 1 minute break between each set
	Push Up		5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
	Sit Up	5	5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
Day2	Jog		10 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 15 minutes)	15 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 20 minutes)	20 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 30 minutes)
	Crunches	S	5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
Day3	Uphill training (Stairs Climbing)	*	2 minutes (2 minutes continuously)	5 minutes (2.5 minutes continuously*2 sets) 1 minute break between each set	6 minutes (3 minutes continuously*2 sets) 1 minute break between each set
	Push Up		5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
	Sit Up	4	5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
Day4	Jog	₹.	10 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 15 minutes)	15 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 20 minutes)	20 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 30 minutes)
	Crunches	S	5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
Day5	Uphill training (Stairs Climbing)	Z.	2 minutes (2 minutes continuously)	5 minutes (2.5 minutes continuously*2 sets) 1 minute break between each set	6 minutes (3 minutes continuously*2 sets) 1 minute break between each set
	Push Up		5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
	Sit Up	5	5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
Day6	Jog	3.	10 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 15 minutes)	15 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 20 minutes)	20 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 30 minutes)
	Crunches	<u>%</u>	5*1 Set (5)	5*2 Set (10) (1 minute rest between each set)	5*3 Set (15) (1 minute rest between each set)
Day7	Rest	The same	Rest	Rest	Rest