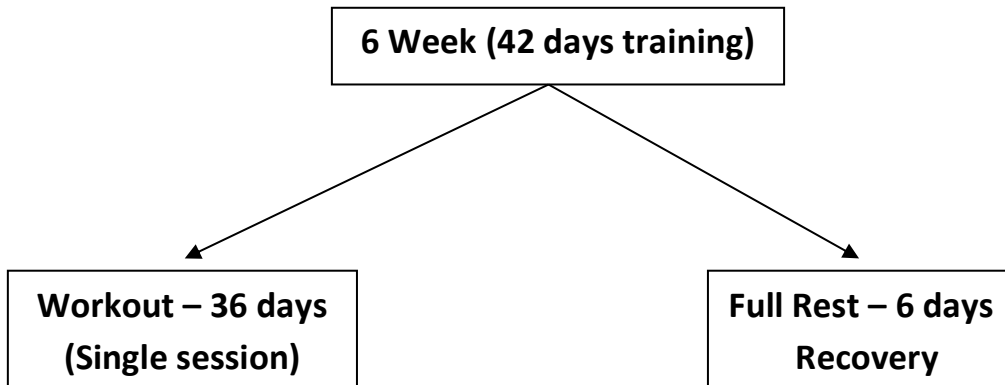


## 6 WEEK FITNESS TRAINING PLAN



### WORKOUT DAYS IN SINGLE SESSION

Day 01, Day 02, Day 03, Day 04, Day 05, Day 06, Day 07 (Rest) – 1 Week

Day 08, Day 09, Day 10, Day 11, Day 12, Day 13, Day 14 (Rest) – 2 Week

Day 15, Day 16, Day 17, Day 18, Day 19, Day 20, Day 21 (Rest) – 3 Week

Day 22, Day 23, Day 24, Day 25, Day 26, Day 27, Day 28 (Rest) – 4 Week

Day 29, Day 30, Day 31, Day 32, Day 33, Day 34, Day 35 (Rest) – 5 Week

Day 36, Day 37, Day 38, Day 39, Day 40, Day 41, Day 42 (Rest) – 6 Week

(In every week there will be 6 days workout in single session and 1 day full rest will be given to the students)

**Day 1 – Warm up (08-10 minutes).**

**Freehand General conditioning (Speed components) 10-12 minutes.**

**Cool down (08-10 minutes).**

**Day 2 – Warm up (08-10 minutes).**

**Endurance Training(11-13 minutes).**

**Cool down(08-10 minutes).**

**Day 3 – Warm up (08-10 minutes).**

**Freehand Strengthening Exercise (12-14 minutes).**

**Cool down (08-10 minutes).**

**Day 4 – Warm up (08-10 minutes).**

**Endurance Training (13-15 minutes).**

**Cool down (08-10 minutes).**

**Day 5 – Warm up (08-10 minutes).**

**Freehand Strengthening Exercise (14-16 minutes).**

**Cool down (08-10 minutes).**

**Day 6 – Warm up (08-10 minutes).**

**30 minutes regeneration (Slow continuous running).**

**Cool down (08-10 minutes).**

**Day 7 – Full Rest (Sunday).**

**From day 8 onwards the same schedule in sequence day 1 to day 7 will be followed upto 6 week (42 days). Duration of workout increase sequentially by 01-02 minutes upto the last day of training.**

**Area required for Exercises – 10 × 10 Yards.**

### **LIST OF THE EXERCISES**

- **Warm up** – On spot high knee action (Nonstop).  
30 Seconds × 5 Set – Rest in between Set (10-12 Seconds)  
(Increase upto 01 to 02 minutes gradually.)  
Deep Breathing.
  
- **Freehand conditioning** –
  - Jumping Jacks**  
15 Rep × 3 Set – Rest (10-12 Seconds)
  
  - Front Lunges**  
12 Rep × 3 Set – Rest (10-12 Seconds)
  
  - Side Lunges**  
12 Rep × 3 Set – Rest (10-12 Seconds)
  
  - Back Kicks**  
15 Rep × 3 Set – Rest (10-12 Seconds)
  
  - On Spot Jump**  
12 Rep × 3 Set – Rest (10-12 Seconds)
  
  - Split Jump**  
12 Rep × 3 Set – Rest (10-12 Seconds)
  
  - Burpee**  
20 Rep × 3 Set – Rest (10-12 Seconds)

- **Endurance Training** – Run on a 10 yards straight line touch the finishing point and again run back and touch the starting point and repeat this process continuously upto the time given to the students. The Step exercise also will be part of endurance training in alternate days of endurance training session.

- **Freehand Strengthening Exercise** -

**Push ups**

**1 minute × 3 Set – Rest (10-12 Seconds)**

**Half Squat**

**12 Rep × 3 Set – Rest (10-12 Seconds)**

**Jump Squat**

**12 Rep × 3 Set – Rest (10-12 Seconds)**

**Sumo Squat**

**12 Rep × 3 Set – Rest (10-12 Seconds)**

**Sit ups**

**1 minute × 3 Set – Rest (10-12 Seconds)**

**Crunches**

**20 Rep × 3 Set – Rest (10-12 Seconds)**

**Leg raise and hold**

**1 minute × 3 Set – Rest (10-12 Seconds)**

**Plank**

**1 minute × 3 Set – Rest (10-12 Seconds)**

**Dynamic Planks**

**1 minute × 3 Set – Rest (10-12 Seconds)**

**Leg lifts**

**1 minute × 3 Set – Rest (10-12 Seconds)**

- **Cool down (Stretching Exercises)** – Slow Jogging/Walk
  - Pigeon Stretch
  - Hip Drop Stretch
  - Hamstring Calf Stretch
  - Standing Quad Stretch
  - Walk Knee Tuck
  - Cat and Cow
  - Child Pose
  - Ab Stretch
  - Hip Flexor Stretch
  - Standing Forward Bend
  - Calf Stretch
  - Biceps Stretch
  - Lower Back Stretch
  - Shoulder Stretch

**\*\*\* Same fitness Training schedule should be followed for –**

**Online mode Training Group – Morning Session**

**Offline mode Training Group – Evening Session**

**Control Group – No Treatment**

