



Day	Exercise	Image	Three Months Prior	Two Months Prior	One Months Prior
Day 1	Uphill training (Stairs Climbing)		6 minutes (3 minutes continuously*2 sets) 1 minute break between each set	8 minutes (4 minutes continuously*2 sets) 1 minute break between each set	10 minutes (5 minutes continuously*2 sets) 1 minute break between each set
	Push Up		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
	Sit Up		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
Day2	Jog		15 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 20 minutes)	25 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 40 minutes)	35 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 60 minutes)
	Crunches		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
Day3	Uphill training (Stairs Climbing)		6 minutes (3 minutes continuously*2 sets) 1 minute break between each set	8 minutes (4 minutes continuously*2 sets) 1 minute break between each set	10 minutes (5 minutes continuously*2 sets) 1 minute break between each set
	Push Up		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
	Sit Up		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
Day4	Jog		15 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 20 minutes)	25 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 40 minutes)	35 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 60 minutes)
	Crunches		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
Day5	Uphill training (Stairs Climbing)		6 minutes (3 minutes continuously*2 sets) 1 minute break between each set	8 minutes (4 minutes continuously*2 sets) 1 minute break between each set	10 minutes (5 minutes continuously*2 sets) 1 minute break between each set
	Push Up		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
	Sit Up		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
Day6	Jog		15 minutes (alternate 60 seconds of continuous jogging and 90 seconds brisk walk for 20 minutes)	25 minutes (alternate 3 minutes of continuous jogging and 2 minutes brisk walk for 40 minutes)	35 minutes (alternate 5 minutes of continuous jogging and 2 minutes brisk walk for 60 minutes)
	Crunches		10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
Day7	Rest		Rest	Rest	Rest