



## Your Personal Fitness Program - *Standard - Week 1 & 2*

### Week 1

Day	Morning	Afternoon
<b>Monday</b>	Walk for 30-40 minutes	Push-ups. 10 Reps. 8 Reps. 6 Reps. 3 times through. 2 minutes rest between sets. Sit-ups. 10 Reps. 8 Reps. 6 Reps. 3 times through. 2 minutes rest between sets.
<b>Tuesday</b>	run for 1.5 km.	Bike ride/Walk for 30-40 minutes.
<b>Wednesday</b>	Push-up and Sit-up routine any time of day. Refer to Monday.	
<b>Thursday</b>	Walk for 30-40 minutes.	
<b>Friday</b>	Rest day	
<b>Saturday</b>	Push-up and Sit-up routine any time of day. Refer to Monday.	
<b>Sunday</b>		Conduct fitness test

### Week 2

Day	Morning	Afternoon
<b>Monday</b>	Walk for 35-45 minutes.	Run for 1.8 km.
<b>Tuesday</b>	Push-ups. 10 Reps. 8 Reps. 6 Reps. 3 times through. 1.45 minutes rest between sets. Sit-ups. 10 Reps. 8 Reps. 6 Reps. 3 times through. 1.45 minutes rest between sets.	Walk for 35-45 minutes.
<b>Wednesday</b>	Rest day	
<b>Thursday</b>	Bike ride/Walk for 35-45 minutes.	Push-up and Sit-up routine any time of day. Refer to Tuesday.
<b>Friday</b>	Rest day	
<b>Saturday</b>	Run for 1.8 km.	Push-up and Sit-up routine any time of day. Refer to Tuesday.
<b>Sunday</b>	Walk for 35-45 minutes.	Conduct fitness test



## Your Personal Fitness Program - *Standard* - Week 3 & 4

### Week 3

Day	Morning	Afternoon
<b>Monday</b>	Walk for 30-40 minutes	Push-ups. 10 Reps. 8 Reps. 6 Reps. 3 times through. 1.45 minutes rest between sets. Sit-ups. 10 Reps. 8 Reps. 6 Reps. 3 times through. 1.45 minutes rest between sets.
<b>Tuesday</b>	Run for 1.5 km.	Bike ride/Walk for 30-40 minutes.
<b>Wednesday</b>	Push-up and Sit-up routine any time of day. Refer to Monday.	
<b>Thursday</b>	Bike ride/Walk for 30-40 minutes.	
<b>Friday</b>	Rest Day	
<b>Saturday</b>	Push-up and Sit-up routine any time of day. Refer to Monday.	
<b>Sunday</b>		Conduct fitness test

### Week 4

Day	Morning	Afternoon
<b>Monday</b>	Walk for 35-45 minutes	Run for 1.5 km.
<b>Tuesday</b>	Push-ups. 12 Reps. 10 Reps. 8 Reps. 3 times through. 1.45 minutes rest between sets. Sit-ups. 12 Reps. 10 Reps. 8 Reps. 3 times through. 1.45 minutes rest between sets.	Walk for 35-45 minutes
<b>Wednesday</b>	Rest Day	
<b>Thursday</b>	Bike Ride or Walk for 35-45 minutes.	Push-up and Sit-up routine any time of day. Refer to Tuesday.
<b>Friday</b>	Rest Day	
<b>Saturday</b>	Push-up and Sit-up routine any time of day. Refer to Tuesday.	
<b>Sunday</b>		Conduct fitness test