









## PHYSICAL CONDITION 1

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|--|---|--|---|
| <p><b>1 CORE PLANK:</b> _____</p> <p><b>WEEK 1- 2X 60 SEC</b></p> <p><b>WEEK 2- 2X 60 SEC</b></p>  |    | <p><b>2 MEDICINE BALL 4 KG :</b> _____</p> <p><b>WEEK 1- 2 X12 REP</b></p> <p><b>WEEK 2- 2X 15 REP</b></p>   |    |
| <p><b>3 CORE DEAD BUG</b> _____</p> <p><b>WEEK 1- 2 X12 REP</b></p> <p><b>WEEK 2- 2X 15 REP</b></p>  |    | <p><b>4 OBLIQUE CRUNCH- FEET ELEVATED:</b> _____</p> <p><b>WEEK 1- 2 X30REP</b></p> <p><b>WEEK 2- 2X 30REP</b></p>   |    |
| <p><b>5 BURPEES:</b> _____</p> <p><b>WEEK 1- 2 X12 REP</b></p> <p><b>WEEK 2- 2X 15 REP</b></p>   |    | <p><b>6 PUSH UPS:</b> _____</p> <p><b>WEEK 1- 2 X12 REP</b></p> <p><b>WEEK 2- 2X 15 REP</b></p>  |    |
| <p><b>7 PLANL SWISSBALL:</b> _____</p> <p><b>WEEK 1- 2 X60 SEC</b></p> <p><b>WEEK 2- 2X 60 SEC</b></p>   |   | <p><b>8 BENCH PRESS- DUMBBELL:</b> _____</p> <p><b>WEEK 1- 2 X12 REP</b></p> <p><b>WEEK 2- 2X 15 REP</b></p>   |   |
| <p><b>9 LUNGE OBLIQUE:</b> _____</p> <p><b>WEEK 1- 2 X60 SEC HOLD</b></p> <p><b>WEEK 2- 2X 60 SEC HOLD</b></p> <p><b>KNEES SIDE</b></p> <p><b>WEEK 3- 2X60 SEC HOLD</b></p> <p><b>MOVE ARMS AND LEGS</b></p> |  | <p><b>10 SIDE PLANK-HIP ABDUCTION:</b> _____</p> <p><b>WEEK 1- 2 X60 SEC HOLD</b></p> <p><b>WEEK 2- 2X 60 SEC HOLD</b></p> <p><b>KNEES SIDE</b></p> <p><b>WEEK 3- 2X60 SEC HOLD</b></p> <p><b>MOVE ARMS AND LEGS</b></p> |  |
| <p><b>11 BANDED HIP FLEXOR:</b> _____</p> <p><b>WEEK 1- 2 X30REP</b></p> <p><b>WEEK 2- 2X 30REP</b></p>  |  | <p><b>12 PLANK FITL BALL</b> _____</p> <p><b>WEEK 1- 2 X60 SEC</b></p> <p><b>WEEK 2- 2X 60 SEC</b></p>   |  |
| <p><b>13 BALL MOUNTIAN CLIMBER:</b> _____</p> <p><b>WEEK 1- 2 X60 SEC</b></p> <p><b>WEEK 2- 2X 60 SEC</b></p>  |  | <p><b>14 BROAD JUMO:</b> _____</p> <p><b>WEEK 1- 2 X30REP</b></p> <p><b>WEEK 2- 2X 30REP S</b></p>   |  |