



**NATIONAL INSTITUTE OF TECHNOLOGY, TIRUCHIRAPPALLI.
DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING
HOLISTIC SPORTS EDUCATION (HSOE 17)**

ASSIGNMENT: TRAINING SCHEDULE

SUBMITTED TO: DALLEY KRISHNAN SIR
SUBMITTED BY: **OHIT BARAR**

Name: Ohit Barar
Training Objective: Weight gain and shape up
Training Target: 65 kg
Current weight: 60 kg
Training Age: Partially experienced

MONDAY:

ANAEROBIC EXERCISES: (3 Sets i.e., 15,13,10 repetitions)

- Flat bench press
- Push ups
- Inclined bench press
- Declined bench press
- D/B pullover
- Cable fly

AEROBIC EXERCISES:

Tread mill (10 mins)

TUESDAY:

ANAEROBIC EXERCISES: (3 Sets i.e., 15,13,10 repetitions)

- Chin ups
- Lat pull down
- Close grip lat pull down



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- Seated rowing
- One arm D/B row
- Straight arm push down

AEROBIC EXERCISES: (10 mins)

- Crunches
- Leg raises
- Plank (as much as I can do)

WEDNESDAY:

ANAEROBIC EXERCISES: (3 Sets i.e., 15,13,10 repetitions)

- D/B shoulder press
- Lateral raises
- Front raises
- Rear delt fly
- Upright row
- Shrugs

AEROBIC EXERCISES:

Cycling (10 mins)

THURSDAY:

ANAEROBIC EXERCISES: (3 Sets i.e., 15,13,10 repetitions)

- Bar bell curl
- Preacher curl
- Inclined D/B curl
- Concentrated curl
- Hammer curl D/B



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AEROBIC EXERCISES:

Tread mill (10 mins)

FRIDAY:

ANAEROBIC EXERCISES: (3 Sets i.e., 15,13,10 repetitions)

- **Tri push down**
- **Skull crush**
- **D/B overhead extension**
- **D/B kick back**
- **Tri bench dips**

AEROBIC EXERCISES: (10 mins)

Crunches

Leg raises

Plank (as much as I can do)

SATURDAY:

ANAEROBIC EXERCISES: (3 Sets i.e., 15,13,10 repetitions)

- **Bar bell back squat**
- **Leg press**
- **Leg extension**
- **Lunges D/B**
- **Leg curl**
- **Calf raises**

NO AEROBIC EXERCISE ON SATURDAY!



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SUNDAY: Full rest

NOTE: For warm up every day do Mobility dynamic Stretching

DIET PLAN

Every morning:

- 1 glass water
- 5-7 almonds
- 2-3 walnuts

Breakfast:

- Brown bread sandwich with peanut butter
- 2-3 eggs
- Banana shake with peanut butter / black coffee
- Moong daal chila
- Dry roasted chana
- Date palm /100gm paneer

Lunch:

- 2 chapati
- Any sabji (vegetable dish)
- Curd
- 50gm paneer
- 1 sweet

4-5pm:

- fruits,
- tea biscuits
- 1-2 egg bhurji



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- Date palm
- dry roasted chana

Dinner:

- 2-3 chapati
- Any sabji (veg or non veg)
- 1 sweet

3-4 litres water per day