Column1	Column2	Column3
	Kumaraguru institution	
	Core description	
SI.NO	Description	units
1	Lay down Crisscross of your leg	10 times
2	lay down with bended knee and extended your arm(Push through)	10 times
3	lay down with bended knee and raise your back(crunch)	10 times
4	lay down with bended knee and touch side(heel touch)	10 times
5	lay down and bnnq your knee to the chest touch (knee tuck)	10 times
6	lay down and bend your knee and raise your back (Knees up crunch)	10 times
7	lay down and rice legs up to back (Legs lower)	10 times
8	lay down and place your leg to the bandod knee and raise your back(cross over crunch)	10 times
9	lay down with supported hands and raise your alternate legs(reverse plank kicks)	10 times

Name									Position							
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Date	1	2	3	4	5	6	7	8		9	10	11	12	13	14	15
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SI.NO	DESCRIPTION	UNIT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1	WEIGHT	KG												
2	HEIGHT	FEET												
3	PUSH UPS 15 NOS	IN SEC												
4	PULL UPS 15 NOS	IN SEC												
5	CHIN UPS 15 NOS	IN SEC												
6	SHUTTLE RUN	IN SEC												
7	SPRINT	IN SEC												
		NORMAL												
8	VERTICAL JUMP	MAX.REACH												
		JUMP												
		NORMAL												
9	SIDE JUMP	MAX.REACH												
		JUMP												
		NORMAL												
10	STRAIGHT JUMP	MAX.REACH												
		JUMP												

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name											position													mo	onth	ju	ly		2021	1
side					l	eft								r	ight										3 pc	oints				
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