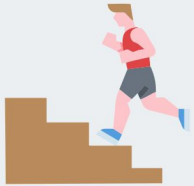







EXERCISE CHART (For Easy Trek)

DAY	EXERCISES	THREE MONTHS PRIOR	TWO MONTHS PRIOR	ONE MONTH PRIOR
Day 1, 3 & 5	Uphill training (Stairs Climb-up & down) 	10 minutes (5 minutes continuously × 2 sets) 1 minute rest between each set	20 minutes (10 minutes continuously × 2 sets) 1 minute break between each set	30 minutes (15 minutes continuously × 2 sets) 2 minute break between each set
	Push Up 	10×1 Set (10) (1 minute rest between each set)	15×2 Set (30) (1 minute rest between each set)	20×2 Set (40) (1 minute rest between each set)
	Sit Up 	10×1 Set (10) (1 minute rest between each set)	15×2 Set (30) (1 minute rest between each set)	20×2 Set (40) (1 minute rest between each set)
Day 2, 4 & 6	Jog 	15 minutes (cover 2 km of distance)	25 minutes (cover 3 km of distance)	25 minutes (cover 4 km of distance)
	Crunches 	10×1 Set (10) (1 minute rest between each set)	15×2 Set (30) (1 minute rest between each set)	20×2 Set (40) (1 minute rest between each set)
Day 7	Rest 	Rest	Rest	Rest

Before embarking on the trek, participants should be able to cover a distance of **4 km in 25 minutes**.