









EXERCISE CHART

FOR DIFFICULT TREK

Days	Exercises	Three Months Prior	Two Months Prior	One Months Prior
Day 1, 3 & 5	 Uphill training (Stairs Climbing)	6 minutes (3 minutes continuously*2 sets) 1 minute break between each set	8 minutes (4 minutes continuously*2 sets) 1 minute break between each set	10 minutes (5 minutes continuously*2 sets) 1 minute break between each set
	 Push Up	10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
	 Sit Up	10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)

Days	Exercises	Three Months Prior	Two Months Prior	One Months Prior
Day 2, 4 & 6	 Jog	15 minutes (alternate 60 seconds of continuous jogging 90 seconds brisk walk)	25 minutes (alternate 3 minutes of continuous jogging 2 minutes brisk walk)	35 minutes (alternate 5 minutes of continuous jogging 2 minutes brisk walk)
	 Crunches	10*1 Set (10) (1 minute rest between each set)	10*2 Set (20) (1 minute rest between each set)	15*2 Set (30) (1 minute rest between each set)
Day 7	 Rest	Rest	Rest	Rest