



**STUDENTS' GYMKHANA  
PHYSICAL FITNESS PLAN FOR STAFF AND FACULTY**

	<b>Cardiovascular Endurance</b>	<b>Muscular Endurance</b>	<b>Muscular Strength</b>	<b>Flexibility</b>
<b>Frequency</b>	❖ 2-3 Times Per Week	❖ 2-3 Times Per Week ❖ Exercise With Weight And Own Body	❖ 2-3 Times Per Week ❖ Exercise With Weight	❖ Limbering Down ❖ 5-6 Times per week
<b>Intensity</b>	❖ 60-70 % Of Maximum Heart Rate	❖ 60-70 % Of Maximum Heart Rate ❖ 1-3 Set ❖ 8-12 Exercise	❖ 60-70 % Maximum Heart Rate ❖ 1-3 Set ❖ 8-12 Rep.	❖ 10-20 Sec. Hold ❖ 1-3 Repetition
<b>Time</b>	❖ 30-45 Minute Of Continue Exercise ❖ Progressive Exercise	❖ 30-60 Minute	❖ 30-45 Minute ❖ Progressive	❖ 10-30 Min.
<b>Type of Exercise</b>	❖ Cycling ❖ BRISK Walk ❖ Suryanamaskar ❖ Jogging ❖ Running ❖ Games	❖ Resistance Training with own body weight ❖ Circuit Training	❖ Resistance Training With Weight ❖ Major Muscle Group	❖ Static Stretching ❖ Dynamic Stretching



**STUDENTS' GYMKHANA  
PHYSICAL FITNESS PLAN FOR STUDENTS (BOYS AND GIRLS)**

	<b>Endurance</b>	<b>Strength</b>	<b>Speed &amp; coordinating ability</b>	<b>Flexibility</b>
<b>Frequency</b>	❖ 2-3 Times Per Week	❖ 2-3 Times Per Week	❖ 2-3 Times Per Week	❖ Limbering Down ❖ 5-6 Times in a week
<b>Intensity</b>	❖ 60-80 % Of Maximum Heart Rate ❖ 1-3 Set ❖ 8-12 Exercise	❖ 60-90 % Of Maximum Heart Rate	❖ 70-90 % Maximum Heart Rate ❖ 1-3 Set ❖ 8-12 Rep.	❖ 10-20 Sec. Hold ❖ 1-3 Repetition
<b>Time</b>	❖ 30-45 Minute	❖ 30-40 Minute Of Continue Exercise ❖ Progressive Exercise	❖ 30-40 Minute ❖ Progressive	❖ 10-30 Min.
<b>Type of Exercise</b>	❖ Cycling ❖ BRISK Walk ❖ Suryanamaskar ❖ Jogging ❖ Running ❖ Games	❖ Resistance Training with weight ❖ Bench press ❖ Squats ❖ Front press ❖ Back press etc.	❖ Short sprints ❖ Shuttle run ❖ Zig zag run ❖ Box running ❖ Spider drill	❖ Static Stretching ❖ Dynamic Stretching