

# Personal fitness program



**ASSIGN  
BUSTER**

Being able to cover 5km in jogging

Short term goals

Increasing my training weight by a kilogram after every two sessions of the same exercise

Increasing the repetition by two daily

Increase my situps and cranches repetition by five daily.

Cover an additional 300m daily on the treadmill.

Training time table

Monday

Cardio workout 30min using walking/stationary bike and elliptical workout

Tuesday

Training body strength using

Wednesday

Gentle yoga and stretching

Thursday

Cardio workout for 30min

walking/stationary bike and elliptical workout

Friday

Training body strength using

Saturday

Cardio workout for 30min

walking/stationary bike and elliptical workout

Most of these training will be in the evening from 5 pm

Cardiovascular Endurance

For this. I will take a 30minute aerobic class in the first week. In the second week, I will introduce a treadmill and in the third week, I will drop the

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treadmill for jogging while at the same time doing Yoga and aerobic. In the last two weeks, I will go for weekends swimming for 1hr and also start cycling at least 5km daily (Corbin, Masurier, and Dolly 59).

#### Muscular Strength and Endurance

I will do cranches at least 50 repetitions for a start and increase it by five days with an ultimate target of 200 repetitions in the first 2 weeks. This will be in the evenings before I start other exercises. Leg raiser, situp, and rolling will be a morning affair before showering to work. Every evening after training, I will do lightweight lifts for the arms, shoulders, and deadlift for the back (Corbin, Masurier, and Dolly 37).

#### Flexibility

In enhancing this, I will do torse stretch and torso twist, calf stretch, frog jump quadriceps and hamstring stretch, and arm rotation at 360 degrees. Concerning this exercise for flexibility, I will do them as the parting shot of my every evening sessions

#### Rewards

Attainment of any end week goal will mean a theater visiting at the weekend and a massage treatment.