Chapter III

METHODODOLOGY
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METHODOLOGY

This chapter deals with the procedure followed in the effect of Aerobic Fitness Rehabilitation Program, Swiss ball and Pilates Exercise Rehabilitation Program, Gymnastics Floor Exercise Rehabilitation Program and Aquatics Exercise Rehabilitation Program on selected weight and fat related variables of overweight school going students of Gujarat. The purpose of the study is to find out the effect of above Rehabilitation Program on selected subjects. In this chapter, selection of Subjects, experimental variables, tester reliability, and instrument reliability, orientation of the subject, test administration, experimental design, pilot study, training Program, description of exercises, administration of tests, collection of data and the statistical procedure applied for the analyzing data and statistical techniques used were discussed.

SELECTION OF SUBJECTS

Seventy five students were selected from different Schools in Gujarat. The subjects were from different family background and homogeneous in their academic activities. The subjects were selected at purposive random sampling techniques. They were in the age group of 12 - 15 years. Overweight of the subjects were determined through a person's Body Mass Index Percentile. The subjects were purposive randomly divided into five groups and each group contains fifteen subjects. Group one acted as experimental group I (Aerobics Fitness Rehabilitation Program), group two acted as experimental group II (Swiss ball and Pilates Exercise Rehabilitation Program), group third acted as experimental group III (Gymnastics Floor Exercise Rehabilitation Program), group four acted as experimental group IV (Aquatics Exercise Rehabilitation Program) and Group V undergoes as control group was not exposed to any treatment. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The investigator got individual consent from each subject. The obtained written informed consent forms each subject.

The subjects were free to withdraw their consent in case they felt any discomfort during the period of their participation, but there were no dropouts in this study.

SELECTION OF VARIABLES

The research scholar reviews the various scientific literatures pertaining, how to reduce fat, different fat reduce training program, anatomy of metabolism, school fitness program and weight & fat related variables from books, journals, and research papers. For taking into consideration the feasibility of criteria, availability of instruments and the relevance of the variables of the present study, the following variables were selected.

A. Independent Variables

- Six month of Aerobic Fitness Rehabilitation Program (AFRP)
- Six month of Swiss Ball and Pilates Exercise Rehabilitation Program (SPRP)
- Six month of Gymnastics Floor Exercise Rehabilitation Program (GFRP)
- Six month of Aquatics Exercise Rehabilitation Program (AERP)
B. Dependent Variables
The following weight and fat related variables are selected as dependent variables.

**TABLE A**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Variable</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Weight</td>
</tr>
<tr>
<td>2</td>
<td>Fat Percentage</td>
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<td>Fat Mass</td>
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<td>4</td>
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<td>5</td>
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<td>6</td>
<td>Body Mass Index Percentile</td>
</tr>
<tr>
<td>7</td>
<td>Chest Girth</td>
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<tr>
<td>8</td>
<td>Belly Girth</td>
</tr>
<tr>
<td>9</td>
<td>Hip Girth</td>
</tr>
<tr>
<td>10</td>
<td>Thigh Girth</td>
</tr>
</tbody>
</table>

**RELIABILITY OF INFORMATION**

Accuracy was done by information of reliability of authentic equipment, capability of sample and reliability of sample of this test.

**RELIABILITY OF INSTRUMENT/EQUIPMENTS**

All the instruments used for the study were calibrated by manufacturer standards. Tanita Body Composition Analyzer 300A, Hume formula for Lean body Mass Standard measure tap and Obesity foundation of India formula were used for this study. All the instruments were in working condition. Their calibrations were done after each interval by test and retest method and found to be accurate enough to serve the purpose of the study.

**RELIABILITY OF THE DATA**

Six months before the commencement of the pilot study, the reliability of data was established by using ten subjects at random. To ensure reliability, test and re-test method was executed. In between the test and re-test, one day rest was given to all the subjects. The same testing personnel by using the same equipments under identical conditions tested all the variables selected in the present investigation twice on the same subjects. The intra-class coefficient of correlation was used to find out the reliability of the data and the results are given in the below table.

**TABLE B**

<p>| ‘r’ VALUE TABLE OF VARIABLES RELIABILITY |
|-----------------|-----------------|</p>
<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Variable</th>
<th>“r” Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td>3</td>
<td>Fat Mass</td>
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</tr>
<tr>
<td>4</td>
<td>Fat Free mass</td>
<td>0.96</td>
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<tr>
<td>5</td>
<td>Lean Body Mass</td>
<td>0.96</td>
</tr>
<tr>
<td>6</td>
<td>Body Mass Index Percentile</td>
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<td>Chest Girth</td>
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<td>9</td>
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</tr>
<tr>
<td>10</td>
<td>Thigh Girth</td>
<td>0.91</td>
</tr>
</tbody>
</table>
TESTER'S RELIABILITY

The testers were trained those who assisted were the Physical Education and Sports Sciences Students of Gujarat Vidyapith, Researcher Samirkumar R. Parvadia and Laboratory In charge Dr. Jagdishchandra L. Gothi, Associate Professor and faculty of Physical Education and Sports Sciences, Gujarat Vidyapith, Ahmedabad were trail before the start of the each test and the same testers were used in the pilot study as well as pre and post-test of the present research to find out their reliability and authenticity.

PILOT STUDY

A pilot study was conducted to assess the capacity, initial strength and flexibility of all the subjects in order to fix the load and exercise. For this purpose 15 subjects were selected and divided in to five equal groups, three subjects in each group. Group one acted as experimental group I (Fitness Rehabilitation Program), group two acted as experimental group II (Swiss ball and Pilates Exercise Rehabilitation Program), group third acted as experimental group III (Gymnastics Floor Exercise Rehabilitation Program), group four acted as experimental group IV (Aquatics Exercise Rehabilitation Program) and Group V undergoes as control group was not exposed to any treatment. Based on the response of the subjects in the pilot study, the training schedule was designed and presented in fitness rehabilitation fitness manual. The individual difference was considered, while constructing the training program.

TABLE C
CRITERION MEASURES

<table>
<thead>
<tr>
<th>Sr</th>
<th>Variable</th>
<th>Test</th>
<th>Unit</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Weight</td>
<td>Tanita Body Composition Analyzer Machine</td>
<td>kg</td>
</tr>
<tr>
<td>2</td>
<td>Fat Percentage</td>
<td>Tanita Body Composition Analyzer Machine</td>
<td>%</td>
</tr>
<tr>
<td>3</td>
<td>Fat Mass</td>
<td>Tanita Body Composition Analyzer Machine</td>
<td>kg</td>
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<td>4</td>
<td>Fat Free Mass</td>
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<td>6</td>
<td>Body Mass Index Percentile</td>
<td>Obesity Foundation of India (Formula)</td>
<td>Percentile</td>
</tr>
<tr>
<td>7</td>
<td>Chest Girth</td>
<td>Manually Measure with Standard MT</td>
<td>mm</td>
</tr>
<tr>
<td>8</td>
<td>Belly Girth</td>
<td>Manually Measure with Standard MT</td>
<td>mm</td>
</tr>
<tr>
<td>9</td>
<td>Hip Girth</td>
<td>Manually Measure with Standard MT</td>
<td>mm</td>
</tr>
<tr>
<td>10</td>
<td>Thigh Girth</td>
<td>Manually Measure with Standard MT</td>
<td>mm</td>
</tr>
</tbody>
</table>

RESEARCH DESIGN

The study was formulated as a true random purposive sampling group design consisting of a pre-test and post test. The subjects (N=75) were purposive assigned to five equal groups of fifteen overweight students each. The groups were assigned as experimental group one acted as experimental group I (Aerobics Fitness Rehabilitation Program), group two acted as experimental group II (Swiss ball and Pilates Exercise Rehabilitation Program), group third acted as experimental group III (Gymnastics Floor Exercise Rehabilitation Program), group four acted as experimental group IV (Aquatics Exercise Rehabilitation Program) and Group V undergoes as control group respectively was not exposed to any treatment. The requirement of the experiment procedures, testing as well as exercise schedule was explained to the subjects so as to get full co-operation of the effort required on their part and prior to the administration of the study. The investigator got individual consent from each subject. The obtained written informed consent forms each subject. Pre test was conducted for all the 75 subjects on selected weight and fat related variables (Weight, Fat Percentage, Fat
Mass, Fat Free Mass, Lean Body Mass, Body Mass Index Percentile, Chest Girth, Belly Girth, Hip Girth and Thigh Girth). After the experimental period of six month post test was conducted and the scores were recorded. The subjects were given respective training of five days a week from Monday to Friday except Saturdays and Sundays. Exercises were introduced in progressive manner. Simple to complex procedure was adopted. After completion of six month invigilator took post-test and prepared excel tabulation of both data (pre and post) and analysis ANCOVA statistics technique was adopted with SPSS 20.

**ADMINISTRATION OF TRAINING PROGRAM**

The design of the experiment treatment has been planned in four rehabilitation program for this study.

1) Experimental Group I : Aerobics Fitness Rehabilitation Program
2) Experimental Group II : Swiss ball and Pilates Exercise Rehabilitation Program
3) Experimental Group III : Gymnastics Floor Exercise Rehabilitation Program
4) Experimental Group IV : Aquatics Exercise Rehabilitation Program

These training programs were conducted at convenient time in evening for one hour at different places.

The below Warm-up, Cooling down and Stretches were some of the exercise used as par high intensity workout session types and elements and equipment of the different rehabilitation program followed physiological behaviour.

<table>
<thead>
<tr>
<th>Warm-up Exercises</th>
<th>Cooling Down and Stretching Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aerobics Fitness Rehabilitation Program</strong></td>
<td></td>
</tr>
<tr>
<td>March, Knee Lift, Basic Step up, L Step, Step Knee, Leg Curl, Back Leg Extension, Forward Step, Ham Curls, Knee up, Squat with Back Tap, Kicks Each Ways, Cross Tap, Knee Lift to Right, Knee Lift to left, Alternate right and left, Side toe touch to Right and left, V Step,</td>
<td>March, tap forward, Tap back, Tap side, Double Step, Step Touch, V Step, Touch Out, Note: Bring them gradually down by telling them to do simple step touch without using the upper limbs, doing simple Afford above Exercise step.</td>
</tr>
<tr>
<td><strong>Swiss ball and Pilates Exercise Rehabilitation Program</strong></td>
<td></td>
</tr>
<tr>
<td>March, Walk , Run and Hop, Jumping jacks, One leg Hop, Front Tap, Side Tap, Back Tap, Back Tap, V Step, Knee Up, Forward Step and Running on Place, Seated Leg Lift, Seated Pelvic Lift, Seated Pelvic Circles, Seated Twist, Seated unsupported, Arms and Hip rotation on the Ball, Knee Lift, Ham curls, Squat with leg behind, Toe touches, Hip Rotation on Ball, Head Rotation, Moving across the ball with a bounce, Bounce</td>
<td>Slow walking, Savasan, Surya Namaskar Position with slowly, Double Step with Slow Speed, Lift your toes and Stretch, Side to Side stretch, Roll on the Ball and Do a back Stretch, Bend the Knees and Stretch the Lower Back etc...</td>
</tr>
</tbody>
</table>
### Gymnastics Floor Exercise Rehabilitation Program

<table>
<thead>
<tr>
<th>Stretching: Quadriceps Stretch, Hamstring Stretch, Bicep Stretch, Triceps Stretch, Calf Stretch, Oblique Stretch, Shoulder Stretch, Neck Stretch, Abs Stretch, Gluteal Stretch, Elbow Stretch, Back Stretch</th>
<th>Forward Lunge with a lean, Side lunge Stretch, Straight leg kick, Knee to Chest, Arms Circles, Leg Swing front and Back, (Lunge with rotation gluteus, Hip flexors, Calves) , Scorpion Low back hip flexors, Arms Swings chest Shoulders March Side Tap, Front Tap, Tapping on Place, Simple Slow Walk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Stretching: Quadriceps Stretch, Hamstring Stretch, Bicep Stretch, Triceps Stretch, Calf Stretch, Oblique Stretch, Shoulder Stretch, Neck Stretch, Abs Stretch, Gluteal Stretch, Elbow Stretch, Back Stretch……Slow Running, Walking with action, Hand-up arch with walking, side running, Back running, Running with alternate land touch, side running with cross leg, jump and Arch, front leg extension with walk, dot with sprinting, high knee running, Power Skip, Hamstring Lunges Alternate side shoulder ward (One hand and then two hand), Alternate toe touch, Forward backward bending, lunge and hold, leg cross and bending, Side bend Joint Rotation (Finger, Neck, Shoulder, Wrist, Hip, Ankle)</td>
<td></td>
</tr>
</tbody>
</table>

### Aquatics Exercise Rehabilitation Program

<table>
<thead>
<tr>
<th>Jump with Lunges, Cross over, Jump-up, Jump with both knee up, Jump open up leg apart and close, V Step, Tip toe Walking, simple Walking with flinging your arms, Hip raises, Swinging legs back and Front, Water Speed Jog, Chamber and Extend, V Kicks, Hand Swings, Squat in Water, Pass Through, Alternate Kick, High Knees, Driving, Bounce, Jog and Walk, Rocking Horse, Hip Rolls, Hop step Run, Jump with Lunges, Ham Curls, Side Hops, Fire Run, Side Toe Touch, 3 Part Repeater, 2 Part Repeater, Leg Over, Hip Extension</th>
<th>Simple Side Tap, Hip Circle each way, Side Walks, Walking straight, Front Taps, Side Taps, Back Taps, Flinging Your Arms, Switch Leg, Side Walk, Forward Walk, Arms Rotation, Hip Rotation, Ankle and Wrist Rotation, Deep breathings etc.....</th>
</tr>
</thead>
</table>

**Stretching:** Child pose, Quadriceps Stretch, Hamstring Stretch, Calf Stretch, Biceps and triceps Stretch, Back Stretch, Oblique Stretch, Neck muscles, Shoulder Stretch, Abs Stretch.

There were four rehabilitation Program as following as under.

Here first of all description and discussion of Experimental Group one treatment Aerobics Fitness Rehabilitation Program then after Experimental Group two Swiss ball and Pilates Exercise Rehabilitation Program then followed by Experimental Group three Gymnastics Floor Exercise Rehabilitation Program and last Experimental Group four Aquatics Exercise Rehabilitation Program were drawn scientifically.
Monday 1st Week Aerobics
- Grape-Vine to Right (8 Counts)
- Grape-Vine to Left (8 Counts)
- L Step to Right (8 Counts)
- L Step to left (8 Counts)
- Knee-ups to right and left (8 Counts)
- V Steps (8 Counts)

Tuesday Step Aerobics
- Basic Step (3-4 Blocks)
- Leg Curls (3-4 Blocks)
- Kicks (3-4 Blocks)
- 3 part Repeater

Wednesday Zumba Aerobics
- Double Tap + Gidda Clap
- Global Thumka
- Zumba Reggaeton Destroza
- Zimba Flamenco Three Tap
- Hello Hello Step
- Hello Hello Step with Hop
- Side Jump + Ab Crunch

Thursday Aerobics
- Grape-Vine to Right (8 Counts)
- Grape-Vine to Left (8 Counts)
- L Step to Right (8 Counts)
- Knee-ups to right and left (8 Counts)

Monday 2nd Week Aerobics
- V Step (12 Counts)
- 3 Grape-Vines + 1 V Step (4 C)
- Forward Step Double time (16 C)
- 3 Grape vine + 1 V Step + Forward Step (32 Counts)

Tuesday Aerobics
- Turn Step
- Basic (Tap-up and tap Down)
- Basic Lunges
- Shuffle
- 1 turn Step (8 Counts) + 1 lunge (8 Counts) + 1 Shuffle (8 Counts)+2 Basics (8 Counts) (changing lead leg on second basic)

Wednesday Aerobics
- The Knee Hook
- Shoulder Shrug + Fist Pump chef style
- The selfie Hop
- The Salsa Combination Step (Right& left, front & Back)
- The Punjabi Squat

The Merengue Box
- The Merengue Box

Thursday Aerobics
- Grape –Vine
- V Step
- Forward Step
- Kick
- 3 Grape Vine (12 Counts) + 1 V Step (4 Counts) + Forward Step (8 Counts) + 1 Kick (4 Counts) + 1 V Step (4 Counts)

Friday Aerobics
- SET A
  - Grape-Vine to Right (8 Counts)
  - V Step (8 Counts)
  - Forward Step (8 Counts)
  - Single- Single Double (8 Counts)
  - 1 Grape-Vine + 2 V step + Front forward + Single-Single Double

- SET B
  - 3 Turn Step + 1 Step up and Step down (Basic) + 1 Lunge + 1 Shuffle

3rd = 1st Week 4th Week = 2nd Week

Monday 5th Week Hi Lo Aerobics
- Knee lift (Right and Left)
- Add a half turn i.e. swivel do knee lift to left and swivel.
- Mambo with Cha-cha
- Single-Single Double
- Put it all to gather Knee lift to right + Swivel + Knee lift to left + Swivel + Mambo with Cha-cha + Single-Single Double
- This will bring them to left leg. Tell them to march, do step touch and repeat all the steps on left.
- In the end put knee lift to right + Swivel +(Knee lift to right + Swivel) + Mambo with Cha-cha + Single-Single Double

Tuesday Step Aerobics

- First Combination
  - Alternate Knee lift
  - 2 basic (Do this for 3-4 Blocks)
  - Alternate Knee Lift + Walk around the step (8 Counts) so we have (1 alternate knee lift + walk + 4 Basic)
  - Front storms (6 Counts)
  - 2- Part repeater (6 Counts)
  - Leading Right Leg (Alternate Knee Lift + Walk around the step (8 Counts) so we have (1 alternate
knee lift + walk + 1 Basic+2 Front storm + 2 Part repeater) after Right.

- **Second Combination**
  - 5 Count L Step
  - Reverse Swivel
  - Knee Ups with Clap
  - V Step
  - So We have (5 Count L Step + Reverse Swivel + 5 Count L Step + Reverse Swivel + 8 Count L Step + 1 Knee up with Clap)

### Wednesday Tabata Aerobics

- **SET A:**
  - Surrender
  - Squat Jump
  - Pass Through
  - Split Jump

- **SET B**
  - Plie Squat travel
  - Plie heel Clap
  - Tap Lunges
  - Plyo Hops

### Thursday Hi Lo Aerobics

- Knee lift (Right and Left)
- Add a half then i.e. swivel after to right again do knee lift to left and swivel.
- Mambo Back Cha-cha
- Single-Single Double
- Put it all to gather Knee lift to right + Swivel + Knee lift to left + Swivel + Mambo with Cha-cha + Single-Single---- Double
- This will bring them to left leg. Tell them to march, do step touch and repeat all the steps on left.
- In the end put knee lift to right + Swivel +( Knee lift to right + Swivel) + Mambo with Cha-cha + Single-Single Double

### Friday Floor and Step Aerobics

- **SET A**
  - Knee lift (Right and Left)
  - Add a half then i.e. swivel after to right again do knee lift to left and swivel.
  - Mambo Back Cha-cha
    - Single-Single Double

- **SET B**
  - Alternate Knee left

- 2 basic (Do this for 3-4 Blocks when comfortable tell them to below aerobics step)
- Alternate Knee Lift + Walk around the step (8 Counts) So we have (1 alternate knee lift + walk + 4 Basic (2 Front storm, 2 Part repeater)
- Leading Right Leg (Alternate Knee Lift + Walk around the step (8 Counts) so we have (1 alternate knee lift + walk + 4 Basic (2 Front storm, 2 Part Repeater) after Left.

### Monday 6th Week Hi Lo Aerobics

- **SET A:**
  - L Step
  - Kick
  - Forward Step (4 counts)
  - V Step
  - Side Tap
  - Back and V Step

### Tuesday Step Aerobics

- **First Combination**
  - V Step
  - Basic
  - Corner Cut
  - Kick
  - Basic
  - Exercise: 2 V step + 1 Basic +2 Corner Cut +1 basic +1 Kick + 1 Basic

- **Second Combination**
  - L Step
  - 2 Part Repeater
  - Lunges
  - Mambo
  - V Step
  - Exercise: 5 Counts L Step + 2 Part Repeater + 1 Lunges + 1 Mambo+1 V Step.

### Wednesday Kick Boxing

- Right Front Jab – Slow than Fast
- Left Front Jab – Slow than Fast
- Alternate right and left Front Jab – Slow than Fast
- Right Cross jab - Slow than Fast
- Left Cross jab - Slow than Fast
- Alternate cross Jab right and left Front – Slow than Fast

- **Combination :** (From the tap + 4 Right Front Jab + 4 Right cross jab)
- **Combination :** (From the tap + 4 left Front Jab + 4 left cross jab)
Combination: (Jab + Cross Jab + Front Kick + Side Kick)

Thursday    Hi Lo Aerobics
• L Step (8 Counts)
• Kick (4 Counts)
• Forward Step (4 counts)
• V Step (4 Counts)
• Side Tap (4 Counts)
• Back and V Step (8 Counts)
• Variation: L Step adding hum curls or by jumping or taking ½ L step.
• Variation: We can add variation to improve intensity in each step by taken leg forward and clap.

Friday    Floor and Step Aerobics
➢ SET A
• L Step
• Kick
• Forward Step (4 counts)
• V Step
• Side Tap
• Back and V Step
  o Variation: L step adding ham curls or by jumping or taking ½ L step.
➢ SET B
• L Step
• 2 part repeater
• Lunges
• Mambo
• V Step
  Exercise: 5 Counts L Step + 2 Part Repeaters +1 Lunge + 1 Mambo+1 V Step. 7=5th 8=6th Week

Monday    9th Week    Hi Lo Aerobics
➢ First Combination
• Forward Step with backward Hop
• V Step simple and Travelling
• Grape-vine
• Exercise: (1 Forward Step with backward Hop + Grape-vine + 4 travelling V Step)
➢ Second Combination
• Mambo
• V Step
• Leg Curls or Ham Curls
• Mambo Cha-Cha Traveling
• Exercise: (8 Count Mambo + V Step + Leg Curls or Ham Curls 8 Count + Mambo Cha-Cha Traveling 8 count)

Tuesday    Step Aerobics
➢ First Combination

L Step
L Step with Single Leg lift
Back Hop
Corner Cut
Mambo Cha-Cha with a turn
Exercise: ( L Step 8 Count + L Step with Single Leg lift 8 count + Back Hop 8 count + Corner Cut 8 Count + Mambo Cha-Cha with a turn 8 count)

➢ Second Combination
• Diamond Step (4 Counts)
• Back Storm (6 Counts)
• Swivel (2 Counts)
• Repeat (6 Counts)
• Storms (6 Counts)
• Jumping jacks (4 Counts)
• Exercise: ( 12 Counts Diamond step + 12 Counts walk back Diamond step + 6 Counts Storms + 2 Counts jumping jacks )

Wednesday    Tabata Aerobics
➢ SET A:
• Walk Outs
• High Leg Kicks
• Shuffle
• Walking Lunges
• While trainee takes 10 sec rest tell them to do march then after prepare them for upcoming exercise.
➢ SET B
• Wide leg dead lift
• Superman
• Plank by extending one hand out
• Opposite toe touches
Friday Floor and Step Aerobics
- **SET A**
  - Mambo
  - V Step
  - Leg Curls or Ham Curls
  - Mambo Cha-Cha Traveling
  - Exercise: (8 Count Mambo + V Step + Leg Curls or Ham Curls 8 Count + Mambo Cha-Cha Traveling 8 counts)

- **SET B**
  - Diamond Step
  - Back Storm
  - Swivel
  - Repeat
  - Storms
  - Jumping jacks
  - Exercise: (12 Counts Diamond step + 12 Counts walk back Diamond Step + 6 Counts Storms + 2 Counts jumping jacks)

Monday 10th Week Hi Lo Aerobics
- Step Touch
- Double-Double Step Touch (Variation: Trainer tell them to do Arms movement (like badminton, cricket batting, rotating the shoulder or doing basketball jump shot or volleyball Smashing) to make it more lively and interesting.
- L Step (L Step With the jump)
- L Step (L Step in a Box)
- L Step (Variation: Trainer tell them to do Arms movement like rotating the shoulder or doing Punjabi Bhangra)

Tuesday Step Aerobics
- **First Combination**
  - V Step
  - Basic
  - Corner Cut
  - Kick
  - Basic
  - Exercise: 2 V Step + 1 Basic +2 Corner Cut +1 Basic +1 Kick + 1 Basic

- **Second Combination**
  - 5 Counts L Step
  - 2 Part Repeater
  - Lunges
  - Mambo
  - V Step

- Exercise: 5 Counts L Step + 2 Part Repeater +1 Lunges + 1 Mambo +1 V Step

Wednesday Kick Boxing
- Right Front Jab – Slow than Fast
- Left Front Jab – Slow than Fast
- Alternate right and left Front Jab – Slow than Fast
- Right cross jab - Slow than Fast
- Left cross jab - Slow than Fast
- Alternate cross Jab right and left Front – Slow than Fast
- Combination: (From the tap + 4 Right Front Jab + 4 Right cross jab)
- Combination: (From the tap + 4 left Front Jab + 4 left cross jab)
  - Front Kick
  - Side Kick
- Combination: (Jab + Cross Jab + Front Kick + Side Kick)

Thursday Hi Lo Aerobics
- Step Touch
- Double-Double Step Touch (Variation: Trainer tell them to do Arms movement (like badminton, cricket batting, rotating the shoulder or doing basketball jump shot or volleyball Smashing) to make it more lively and interesting.
- L Step (L Step With the jump)
- L Step (L Step in a Box)
- L Step (Variation: Trainer tell them to do Arms movement like rotating the shoulder or doing Punjabi Bhangra)

Friday Floor and Step Aerobics
- **SET A**
  - Step Touch
  - Double-Double Step Touch (Variation: Trainer tell them to do Arms movement (like badminton, cricket batting, rotating the shoulder or doing basketball jump shot or volleyball Smashing) to make it more lively and interesting.
  - L Step (L Step With the jump)
  - L Step (L Step in a Box)
  - L Step (Variation: Trainer tell them to do Arms movement like rotating the shoulder or doing Punjabi Bhangra)
**SET B**

**First Combination**
- V Step
- Basic
- Corner Cut
- Kick
- Basic
- Exercise: 2 V Step + 1 Basic + 2 Corner Cut + 1 Basic + 1 Kick + 1 Basic

**Second Combination**
- L Step
- 2 Part Repeater
- Lunges
- Mambo
- V Step
- Exercise: 5 Counts L Step + 2 Part Repeater + 1 Lunges + 1 Mambo + 1 V Step.

11th = 9th week -- 12th week += 10th week

**Monday 13th Week Hi Lo Aerobics**

**First Combination:**
- Grape-vine (Travelling) 20 counts
- Turn Ham-curls - 8 counts
- V Step – 4 counts
- Exercise: (5 Grape-vine (Travelling + 2 Turn Ham-curls + 3 V Step)

**Second Combination**
- Criss-Cross – 4 Counts
- Back Sashe – 4 Counts
- Mambo Walk Diagonal – 8 Counts
- Knee – ups – 4 Counts
- V Step – 4 Counts

**Tuesday Step Aerobics**

**First Combination**
- V Step
- Travelling Knee-ups
- Turn Step
- L Step – 8 Counts
- Exercise: (V Step + Walk around the step (8 Counts) + 2 Turn Step + 1 L Step)

**Second Combination**
- Basic (up and down)
- Lunges
- Corner Cut
- 3 part Repeater
- So We have (2 - 4 Count basic + 8 Count of Lunge + 2 Corner Cut + 1 - 3 Part repeater)

**Wednesday Zumba Dance Aerobics**

- The Mhangra Groove
- Reggaeton Bounce with Pump Arms + Shoulder Brush
- 2 Step Bachata
- The Hangover Step + Knee Ups
- Hip Hop Walk
- Twist and Soca V Step
- Combination of all steps together.

**Thursday Hi Lo Aerobics**

**First Combination:**
- Grape-vine (Travelling) 20 counts
- Turn Ham-curls - 8 counts
- V Step – 4 Counts
- Exercise:(5 Grape-vine (Travelling + 2 Turn Ham-curls + 3 V Step)

**Second Combination**
- Criss-Cross – 4 Counts
- Back Sashe – 4 Counts
- Mambo Walk Diagonal – 8 Counts
- Knee – ups – 4 Counts
- V Step – 4 Counts

**Friday Floor and Step Aerobics**

**SET A**
- Criss-Cross – 4 Counts
- Back Sashe – 4 Counts
- Mambo Walk Diagonal – 8 Counts
- Knee – ups – 4 Counts
- V Step – 4 Counts

**SET B**
- Basic (up and down)
- Lunges
- Corner Cut
- 3 part Repeater
- Exercise: 8 Count basic + 8 Count of Lunge + 2 Corner Cut + 1 - 3 part repeater

**Monday 14th Week Hi Lo Aerobics**

**SET A**
- Forward Step(16 Counts)
- V Step(8 Counts)
- Jumping jacks (Right as well Left side)(4 Counts)
- V Step(4 Counts)
- Exercise: 16 count Forward Step + 2 V Step + 2 Jumping Jack + 1 V Step

**SET B**
- Double Step
- 2 Cha-Cha back
- V Step
- So We have (1 double step 2 Cha-Cha back + 4 V Step)

**Tuesday**  
**Step Aerobics**

**First Combination**
- L step -6 Count  
- Jazz Square- 6 Count  
- Knee Ups -4 Count  
- 2 Part Repeater – 6 Count  
- Lunges Step- 8 Count  
- Mambo – 4 Count  
- Exercise : 6 Count L step + 6 Count Jazz Square + 4 count Knee up + 6 counts 2 Part repeater + 8 counts lungs step + 4 count mambo

**Second Combination**
- Turn Step -12 Count  
- Hop-4 Count  
- Turn Step -12 Count  
- Corner Cut -4 Count  
- Exercise : (12 Counts turn Tap + 4 Counts Hop + 12 Counts Turn step + 4 Counts V Corner Cut )

**Wednesday**  
**Zumba Dance**
- Zumba Basic Step Salsa  
- Side Salsa  
- Travel Salsa  
- Samba  
- Destroza  
- Flamenco Arms  
- Merengue  
- Cumbia  
- Caipirinha  
- Shuffle  
- Belly Dance  
- Tango

**Thursday**  
**Hi Lo Aerobics**

- **SET A**  
  - Forward Step  
  - V Step  
  - Jumping Jacks (Right as well Left side)  
  - Exercise : ( 16 Counts Forward Step + 2 V Step + 2 Jumping Jack + 1V Step)

- **SET B**  
  - Double Step  
  - 2 cha-cha back  
  - V Step  
  - So We have (1 double step 2 cha-cha back + 4 V Step)

**Friday**  
**Floor and Step Aerobics**

- **SET A**  
  - Forward Step with travelling  
  - V Step  
  - Jumping Jacks (Right as well Left side)  
  - V Step  
  - Exercise : (16 Counts Forward Step + 2 V Step + 2 Jumping Jack + 1V Step)

- **SET B**  
  - L step -4 Count  
  - Jazz Square- 8 Count  
  - Knee Ups -4 Count  
  - Knee Up - 4 Count  
  - Lunges Step- 8 Count  
  - Mambo – 4 Count  
  - Exercise : (4 Count L step + 8 Count Jazz Square + 8 count alternate Knee up + 8 counts lunge step + 4 count mambo )

15th = 13th week  ---16th week = 14th week

**Monday**  
**17th Week**  
**Hi Lo Aerobics**

- **First Combination**  
  - Forward Step -4 Count  
  - Double step -4 Count  
  - Back Forward -4 Count  
  - Doubles Step -4 Count  
  - 2 Fly Jacks -4 Count  
  - Swivel -4 Count  
  - 2 Fly jacks-4 Count  
  - Swivel -4 Count

- **Second Combination**  
  - Back Mambo -8 Count  
  - Front Mambo-4 Count  
  - Turn Mambo-4 Count  
  - 2 V Step (Hand Swinging toward sides and down )-8  
  - Knee up- 4 Count  
  - Corner Cut- 4 Count

**Tuesday**  
**Step Aerobics**

- **First Combination**  
  - Forward Storm- 10 Count  
  - Step up-jumping jack-Step down-6 Count  
  - 5 counts 2 L Step -10 Counts  
  - 2 Part Repeater – 8 Counts  
  - Exercise : Total 32 Counts

- **Second Combination**  
  - Basic Step-8 Counts  
  - Leg Curls-8 Counts  
  - Kicks -8 Counts  
  - 3 Part Repeater-8 Counts
**Wednesday**  
**Zumba Aerobics**
- The Triple Twist
- Lateral Flexion + Step Jump
- Water -water Signature Step
- The Zumba High Jump
- The Handover Step
- Booty Pump + Shuffle
- Last 15 Min All Step together.

**Thursday**  
**Hi Lo Aerobics**
- **First Combination**
  - Forward Step -4 Counts
  - Double step -4 Counts
  - Back Forward -4 Counts
  - Doubles Step -4 Counts
  - 2 Fly Jacks -4 Counts
  - Swivel -4 Counts
  - 2 Fly jacks-4 Counts
  - Swivel -4 Counts
- **Second Combination**
  - Back Mambo -8
  - Front Mambo-4
  - Turn Mambo-4
  - 2 V Step (Hand Swinging toward sides and down) -8
  - Knee ups 4
  - Corner Cut 4

**Friday**  
**Floor and Step Aerobics**
- **First Combination**
  - Forward Step -4 Count
  - Double step -4 Count
  - Back Forward -4 Count
  - Doubles Step -4 Count
  - 2 Fly Jacks -4 Count
  - Swivel -4 Count
  - 2 Fly jacks-4 Count
  - Swivel -4 Count
- **Second Combination**
  - Basic Step-8 Counts
  - Leg Curls-8 Counts
  - Kicks-8 Counts
  - 3 part repeater-8 Counts

**Monday**  
**18th Week**  
**Hi Lo Aerobics**
- **First Combination**
  - Double time Forward Step -16 Count
  - Single-single Double step -8 Count
  - Grape-vine with a turn- 8 Count
  - Note: Repeated on left and left and right alternating
- **Second Combination**
  - Back Hop-8

**Tuesday**  
**Step Aerobics**
- Turn Step
- Basic (Tap-up and tap Down)
- Basic Lunges
- Shuffle
- 1 Turn Step (8 Counts) + 1 Step Up and 1 Step Down + 1 Lunge + 1 Shuffle (8 Counts)

**Wednesday**  
**Tabata Aerobics**
- **First Combination**
  - Travelling Squat
  - Right side Lunges
  - Shuffle
  - High Knees
- **Second Combination**
  - Plank Hold
  - Inch Worm
  - Burpees
  - Right step knee Alternate

**Thursday**  
**Hi Lo Aerobics**
- **First Combination**
  - Double time Forward Step -16 Count
  - Single-single Double step -8 Count
  - Grape-vine with a turn- 8 Count
  - Note: Repeat on left and left and right alternating legs.
- **Second Combination**
  - Back Hop-8
  - Double Step – 8
  - With Cha-Cha Back – 8
  - V Step - 8
  - Touch Out or hop jacks – 8

**Friday**  
**Floor and Step Aerobics**
- **SET A**
  - Back Hop-8
  - Double Step – 8
  - With Cha-cha Back – 8
  - V Step - 8
  - Touch Out or hop jacks – 8
- **SET B**
  - Turn Step
  - Basic (Tap-up and tap Down)
  - Basic Lunges
  - Shuffle
- 1 turn Step (8 Counts) + 1 Step Up
  and 1 Step Down + 1 lunges + 1 Shuffle (8 Counts)
19th = 17th week -- 20th week = 18th week

**Monday 21st Week Hi Lo Aerobics**
- **First Combination**
  - Grape-Vine
  - V Step (Travelling)
  - Diamond
  - **Variation**: Once they learn tell them to do (4 Grape-Vine + V Step (Travelling) + Diamond)
- **Second Combination**
  - U Step
  - V Step (Travelling)
  - Exercise (1 U step + 4 V Step (Travelling)

**Tuesday Step Aerobics**
- **First Combination**
  - V Step
  - Travelling Knee-ups
  - Turn Step
  - L Step – 8 Counts
  - **Exercise**: (V Step + Walk around the step (8 Counts) + 2 Turn Step + 2 L Step)
- **Second Combination**
  - Basic (up and down)
  - Lunges
  - Corner Cut
  - 3 Part Repeater
  - So, We have (8 Counts basic + 8 Count of Lunges + 5 Corner Cut + 2 3 part repeater).

**Wednesday Kick Boxing**
- Right Front Jab – Slow than Fast
- Left Front Jab – Slow than Fast
- Alternate right and left Front Jab – Slow than Fast
- Punch Down
- Hook
- Right cross jab - Slow than Fast
- Left cross jab - Slow than Fast
- Alternate cross Jab right and left Front – Slow than Fast
- **Combination**: (From the top = 4 Right Front Jab + 4 Right cross jab + Punch down + Hook)

- **Combination**: (From the top = 4 left Front Jab + 4 left cross jab + Punch down + Hook)
- **Combination**: (Jab + Cross Jab + Front Kick + Side Kick)

**Thursday Hi Lo Aerobics**
- **First Combination**
  - Grape-Vine
  - V Step (Travelling)
  - Diamond
  - **Variation**: Once that learn tell them to do (4 grape-vine + V Step (Travelling) + Diamond)
- **Second Combination**
  - U Step
  - V Step (Travelling)
  - Exercise (1 U Step + 4 V Step (Travelling)

**Friday Floor and Step Aerobics**
- **First Combination**
  - Grape-vine
  - V Step (Travelling)
  - Diamond
  - **Variation**: Once that learn tell them to do (2 V Step (Travelling) + Diamond) with leg Change and repeat on the left.
- **Second Combination**
  - Basic (up and down)
  - Lunges
  - Corner Cut
  - 3 Part Repeater
  - So We have (1 8 Count basic + 8 Count of Lunges + 5 Corner Cut + 2 3 part repeater)

**Monday 22nd Week Hi Lo Aerobics**
- **First Combination**
  - Forward Step with backward Hop
  - V Step simple and Travelling
  - Grape-vine
  - Exercise : (1 Forward Step with backward Hop + Grape-vine + 4 travelling V Step)
  - Repeat on right as well as left till gives to trainee 10 Borg’s Scale
Second Combination
- Mambo
- V Step
- Leg Curls or Ham Curls
- Mambo Cha-Cha Traveling
- Exercise: (8 Count Mambo + V Step + Leg Curls or Ham Curls 8 Count + Mambo Cha-Cha Traveling 8 count)

First Combination
- V Step
- Basic
- Corner Cut
- Kick
- Basic
- Exercise: 2 V step + 1 Basic +2 Corner Cut +1 basic +1 Kick + 1 Basic

Second Combination
- L Step
- 2 part repeater
- Lunges
- Mambo
- V Step
- Exercise: 5 count L Step + 2 part repeater +1 Lunges + 1 Mambo+1 V Step

Wednesday
First Combination
- Triceps Dips on Step
- Dead Lift
- Squat with side ward claps
- Marching with Shoulder rotation

Second Combination
- Push-ups on Step
- Spider Man
- Inch-Worm
- Plank

Thursday
First Combination
- Forward Step with backward Hop
- V Step simple and Travelling
- Grape-Vine
- Exercise : (1 Forward Step with backward Hop + Grape-vine + 4 travelling V Step)
  o Repeat on right as well as left till gives to trainee 10 Borg’s Scale

Second Combination
- Mambo
- V Step

Leg Curls or Ham Curls
- Mambo Cha-Cha Traveling
- Exercise : (8 Count Mambo + V Step + Leg Curls or Ham Curls 8 Count + Mambo Cha-Cha Traveling 8 count)

Friday
First Combination (Floor)
- Mambo + V Step
- Leg Curls or Ham Curls
- Mambo Cha-Cha Traveling
- Exercise : (8 Count Mambo + V Step + Leg Curls or Ham Curls 8 Count + Mambo Cha-Cha Traveling 8 count)

Second Combination (Step)
- L Step-10 Count
- 2 part repeater-6 Count
- Lunges-8 Count
- Mambo-4 Count
- V Step-4 Count
- Exercise : 5 count L Step + 2 part repeater +1 Lunges + 1 Mambo+1 V Step

23rd = 21st Week --24th= 22nd Week

Monday
First SET: Squat Jumps – 10 Counts
- Front Lunges– 10 Counts (Right and Left)
- Front Lunges– 10 Counts (Right and Left)
- Squat Jumps with Hold (10 sec) – 10 Counts
- Front Lunges with Hold (10 sec) – 10 Counts (Right and Left)
- Squat Jumps Hold (10 sec) and Pulse – 10 Counts
- Front Lunges Hold (10 sec) and Pulse right side – 10 Counts (Right and Left)

2nd SET : Standing Side to Side oblique Twist (3 Set of 20 Counts + Pulse)

3rd SET
- Standing Front Knee Ups -20 Counts
- Standing Front Knee Ups -20 Counts (Right and Left)
- Standing Front Knee Ups + Hold -20 Counts (Right and Left)
- Standing Front Knee Ups From Right + Hold and Pulse -20 Counts (Right and Left)


- **4th SET**: Squats with Pulse -20 Counts
  - Alternate Lunges with Pulse -20 Counts
  - Standing Side to Side oblique Twist-20 Counts

**Tuesday Swiss Ball**
- Lie in Prone Position on the Ball → lifting Right Leg up and Down – 30 Counts
- Lie in Prone Position on the Ball → lifting Left Leg up and Down – 30 Counts
- Lie in Prone Position on the Ball → lifting Alternate Legs up and Down – 30 Counts
- Lie in Prone Position on the Ball → lifting Both Legs of the Ground and Bring it Down – 30 Counts
- Opposite Arm and opposite leg Lift.
- Back exercise on Ball (Roll Your Body on Ball and Putting the Hands behind your head )
  You’re Leg Stretching Out and Lifting the chest off the ball)

**Wednesday Pilates**
- **1st SET**
  - Sumo Squat – 10 Counts
  - Sides Lunges – 10 Counts
  - Knee extension with pulses.
  - Sumo Squat Repeat – 10 Counts
  - Side Lunges – 10 Counts

- **2nd SET**
  - Push-ups – 3 Sets of 12 Counts.
  - Plank Hold -3 Sets of 12 Counts.
  - Abs Crunches with rotation
  - Bicycle or criss cross with hold and static hold.
  - Opposite toe reaches.

**Tuesday Pilates**
- **1st SET**: Squat Jumps – 10 Counts
  - Front Lunges– 10 Counts (Right and Left)

**Friday Swiss Ball**
- Lie in Prone Position on the Ball → lifting Right Leg up and Down – 30 Counts
- Lie in Prone Position on the Ball → lifting left Leg up and Down – 30 Counts
- Lie in Prone Position on the Ball → lifting Alternate Leg up and Down – 30 Counts
- Lie in Prone Position on the Ball → lifting Both Legs off the Ground and Bring it Down – 30 Counts
- Opposite Arm and opposite leg Lift.
- Back exercise on Ball (Roll Your Body on Ball and Putting the Hands behind your head )
  You’re Leg Stretching Out and Lift the chest off the ball)
- Roll outs on Ball, Roll forward and Back (Targets Triceps and Core)
- Hip Extension on ball.
- Roll on the Ball with your legs placed on it and hands on floor and tuck the ball in.
- Lie on the Side and give an oblique stretch and repeat on the other side.
- Sit on the knees roll the ball out and Stretch.
- Stretching in same way by taking one leg all the way out.

**Monday**

<table>
<thead>
<tr>
<th>2nd Week</th>
<th>Pilates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1st SET</strong></td>
<td></td>
</tr>
<tr>
<td>- Narrow Squat— (3 Sets 10 Counts each)</td>
<td></td>
</tr>
<tr>
<td>- Alternate Lunges — (3 Sets 10 Counts each)</td>
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</tr>
<tr>
<td>- Knee ups Front and Back— (Targets Hip Flexors)</td>
<td></td>
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<tr>
<td>- Knee ups side and Back (Targets Outer Thigh)</td>
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<tr>
<td>- Leg extension Front and side (Targets Inner Thigh)</td>
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<tr>
<td>- Leg extension Behind (Targets Gluteus)</td>
<td></td>
</tr>
<tr>
<td>- Jumping Jacks.(1 minute)</td>
<td></td>
</tr>
<tr>
<td>- Planks (3 sets of 12 counts each)</td>
<td></td>
</tr>
<tr>
<td>- Back Exercise (3 sets of 12 counts each)</td>
<td></td>
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<tr>
<td><strong>2nd SET</strong></td>
<td></td>
</tr>
<tr>
<td>- Standing Side to Side oblique Twist (3 Set of 20 Counts + Pulse)</td>
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</tbody>
</table>

**Tuesday**

<table>
<thead>
<tr>
<th>Swiss Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Side Twist</td>
</tr>
<tr>
<td>- Up and Side</td>
</tr>
<tr>
<td>- Double tap with ball</td>
</tr>
<tr>
<td>- Double step by throwing the Ball and Catching</td>
</tr>
<tr>
<td>- Double – Double Step</td>
</tr>
<tr>
<td>- Grape-vine with the ball</td>
</tr>
<tr>
<td>- L-Step with the ball</td>
</tr>
<tr>
<td>- Toe touches with the ball</td>
</tr>
<tr>
<td>- Repeat all (3 Sets of 20 counts each)</td>
</tr>
</tbody>
</table>

**Wednesday**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>1st SET (3 Sets of 10 counts each)</strong></td>
</tr>
<tr>
<td>- Push-ups</td>
</tr>
<tr>
<td>- Side Planks</td>
</tr>
<tr>
<td>- Abs Crunches</td>
</tr>
<tr>
<td>- Full Abs sit-ups</td>
</tr>
</tbody>
</table>

- Oblique Twists
- Pelvic Twists
- Hip Extensions
- Bicycles
- Cat and Camel then after repeat all exercise again 2 times.

**Thursday**

<table>
<thead>
<tr>
<th>Swiss Ball</th>
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<tbody>
<tr>
<td>- Side Twist</td>
</tr>
<tr>
<td>- Up and Side</td>
</tr>
<tr>
<td>- Double tap with ball</td>
</tr>
<tr>
<td>- Double step by throwing the Ball and Catching</td>
</tr>
<tr>
<td>- Double-Double Step with the ball</td>
</tr>
<tr>
<td>- Grape-Vine with the ball</td>
</tr>
<tr>
<td>- L-Step with the ball</td>
</tr>
<tr>
<td>- Toe touches with the ball</td>
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<tr>
<td>- Repeat all (3 Sets of 20 counts each)</td>
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</table>

**Friday**

<table>
<thead>
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</tr>
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<tbody>
<tr>
<td><strong>1st SET</strong></td>
</tr>
<tr>
<td>- Narrow Squat— (3 Sets 10 Counts)</td>
</tr>
<tr>
<td>- Alternate Lunges – (3 Sets 10 Counts)</td>
</tr>
<tr>
<td>- Knee ups Front and Back— (Targets Hip Flexors)</td>
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<tr>
<td>- Knee ups side and Back (Targets Outer Thigh)</td>
</tr>
<tr>
<td>- Leg extension Front (Targets Inner Thigh)</td>
</tr>
<tr>
<td>- Leg extension Behind (Targets Gluteus)</td>
</tr>
<tr>
<td>- Jumping Jacks (1 minute)</td>
</tr>
<tr>
<td>- Planks (3 Sets 10 Counts)</td>
</tr>
<tr>
<td>- Back Exercise (3 Sets 10 Counts)</td>
</tr>
<tr>
<td><strong>2nd SET : Standing Side to Side oblique Twist (3 Set of 20 Counts + Pause)</strong></td>
</tr>
<tr>
<td><strong>3rd = 1st week -- 4th Week = 2nd Week</strong></td>
</tr>
</tbody>
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**Monday**

<table>
<thead>
<tr>
<th>5th Week</th>
<th>Pilates</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Suryanamaskar with slow Speed counts</td>
<td></td>
</tr>
<tr>
<td>- Suryanamaskar with Medium Speed counts</td>
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</tr>
<tr>
<td>- Suryanamaskar with Fast Speed counts</td>
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</tbody>
</table>

**Tuesday**

<table>
<thead>
<tr>
<th>Swiss Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Swinging the ball under side to side</td>
</tr>
<tr>
<td>- Ball across the body</td>
</tr>
<tr>
<td>- Swinging the ball under and across the body</td>
</tr>
</tbody>
</table>
- Step out and in both the sides
- Ball under side to side
- Across the body
- Ball lift with a squat
- Swinging the ball under across.
- Ball lift with a squat
- Step out twist and back
- Step and Tap
- Back cross lunge with the ball
- March
- Bring the ball side and twist.

**Wednesday**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
</tr>
<tr>
<td><strong>1st SET</strong></td>
</tr>
<tr>
<td>Sumo Squat – (10 Counts) + Sides Lunge – (10 Counts)</td>
</tr>
<tr>
<td>Knee Extension (20 Counts)</td>
</tr>
<tr>
<td>Sumo Squat Repeat – (10 Counts) + Side Squat – (10 Counts)</td>
</tr>
<tr>
<td>Knee Extension (20 Counts)</td>
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<td></td>
</tr>
<tr>
<td><strong>2nd SET</strong></td>
</tr>
<tr>
<td>Push-ups – (3 Sets of 10 Counts)</td>
</tr>
<tr>
<td>Abs Crunches with rotation (2 Sets of 20 Counts)</td>
</tr>
<tr>
<td>Bicycle or Criss cross with hold and pulse (2 Sets of 20 Counts)</td>
</tr>
<tr>
<td>Opposite toe reaches (2 Sets of 20 Counts)</td>
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<td></td>
</tr>
<tr>
<td><strong>3rd SET</strong></td>
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</tr>
<tr>
<td><strong>1st SET (3 Sets of 20 count each)</strong></td>
</tr>
<tr>
<td>Push-ups</td>
</tr>
<tr>
<td>Side Planks</td>
</tr>
<tr>
<td>Abs Crunches</td>
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<tr>
<td>Full Abs sit-ups</td>
</tr>
<tr>
<td>Oblique Twists</td>
</tr>
<tr>
<td>Pelvic Twists</td>
</tr>
<tr>
<td>Hip Extensions</td>
</tr>
<tr>
<td>Bicycles and Cat and Camel</td>
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<tr>
<td><strong>2nd SET</strong></td>
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<tr>
<td><strong>3rd SET</strong></td>
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**Monday**

<table>
<thead>
<tr>
<th>Pilates</th>
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</thead>
<tbody>
<tr>
<td>Look at the Sky</td>
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<tr>
<td>Look at the Mother Land</td>
</tr>
<tr>
<td>Hip Hinge</td>
</tr>
<tr>
<td>Box Position</td>
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<tr>
<td>Hover Position</td>
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<tr>
<td>Cobra</td>
</tr>
<tr>
<td>Inverted V and Back</td>
</tr>
<tr>
<td>Side Planks</td>
</tr>
<tr>
<td>Warrior Lunges</td>
</tr>
<tr>
<td>Plank</td>
</tr>
<tr>
<td>Abs work out by sitting on your knees and trying to touch the toe behind with the hands</td>
</tr>
<tr>
<td>Standing Side to Side oblique Twist (3 Set of 20 Counts + Pulse)</td>
</tr>
</tbody>
</table>

**Tuesday**

<table>
<thead>
<tr>
<th>Swiss Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3 Sets of 20 counts each)</td>
</tr>
<tr>
<td>Single leg squat – Right</td>
</tr>
<tr>
<td>Single leg squat – Left</td>
</tr>
<tr>
<td>Repeat 2 more sets with hold and pulse.</td>
</tr>
<tr>
<td>Lie down in prone position and do push-ups.</td>
</tr>
<tr>
<td>Abs Crunches on ball.</td>
</tr>
<tr>
<td>Oblique Crunches on Ball.</td>
</tr>
<tr>
<td>Reach Out Forward.</td>
</tr>
<tr>
<td>Reach Out Diagonal.</td>
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<tr>
<td>Reach Out to alternate Side.</td>
</tr>
<tr>
<td>Roll out.</td>
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<tr>
<td>Plank on the Ball.</td>
</tr>
</tbody>
</table>

**Wednesday**

<table>
<thead>
<tr>
<th>Pilates</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td><strong>1st SET (3 Sets of 20 count each)</strong></td>
</tr>
<tr>
<td>Push-ups</td>
</tr>
<tr>
<td>Side Planks</td>
</tr>
<tr>
<td>Abs Crunches</td>
</tr>
<tr>
<td>Full Abs sit-ups</td>
</tr>
<tr>
<td>Oblique Twists</td>
</tr>
<tr>
<td>Pelvic Twists</td>
</tr>
<tr>
<td>Hip Extensions</td>
</tr>
<tr>
<td>Bicycles and Cat and Camel</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>2nd SET</strong></td>
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<tr>
<td></td>
</tr>
<tr>
<td><strong>3rd SET</strong></td>
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<td></td>
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</tbody>
</table>

**Thursday**

<table>
<thead>
<tr>
<th>Swiss Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3 Sets of 20 counts each)</td>
</tr>
<tr>
<td>Single leg squat – Right.</td>
</tr>
<tr>
<td>Single leg squat – Left.</td>
</tr>
<tr>
<td>Repeat 2 more sets with hold and pulse.</td>
</tr>
<tr>
<td>Lie down in prone position and do push-ups.</td>
</tr>
<tr>
<td>Abb Crunches on ball.</td>
</tr>
<tr>
<td>Oblique Crunches on Ball.</td>
</tr>
<tr>
<td>Reach Out Forward.</td>
</tr>
</tbody>
</table>
- Reach Out Diagonal.
- Reach Out to alternate Side.
- Roll out.
- Plank on the Ball.

**Friday** Pilates
- Look at the Sky
- Look at the Mother Land
- Hip Hinge
- Box Position
- Hower Position
- Cobra
- Inverted V and Back
- Side Planks
- Warrior Lunges
- Plank
- Abs work out by sitting on your knees and trying to touch the toe behind with the hands

**Thursday** Swiss Ball
(3 Sets of 20 counts each)
- Basic Crunch
- Extended Crunch
- Twist Crunch
- Side Bend Crunch
- Static Crunch with Dynamics Arms
- Static Crunch leg lift
- Static Crunch leg Extension
- Basic crunch with leg lift

**Monday 9th Week Pilates**
- Look at the Mother Land
- Look at the Sky
- Hip Hinge
- Box Position
- Hower Position
- Cobra
- Inverted V and Back
- Side Planks
- Warrior Lunges
- Plank
- Abs work out by sitting on your knees and trying to touch the toe behind with the hands
- Standing Side to Side oblique Twist (3 Set of 20 Counts + Pause)

**Tuesday Swiss Ball**
(3 Sets of 20 counts each)
- Basic Crunch
- Extended Crunch
- Twist Crunch
- Side Bend Crunch
- Static Crunch with Dynamic Arms
- Static Crunch leg Extension
- Basic crunch with leg lift

**Wednesday Pilates**
**Dividing the Class into 4 Line**
- 1st line: Squat, Lunges, Calf Raise and Dead lift.
- 2nd line: Step Workout Simple like Basic, Step Knee, Turn Step, V Step.
- 3rd line: Abs Crunch, Pelvic Tilt, Suitcases and Russian Twist.
- 4th line: Plymatric: High Knees, Mountain Crunch, Fly Jacks and Shuffle

After every 1 minute, the 1 line will move to the 4 line: 2 line will move to the 1 line; 3 to the 2 and 4 to the 3 line. In short each and every one will be performing all exercises.

**Friday** Pilates
- Look at the Sky
- Look at the Mother Land
- Hip Hinge
- Box Position
- Hower Position
- Cobra
- Inverted V and Back
- Side Planks
- Warrior Lunges
- Plank
- Abs work out by sitting on your knees and trying to touch the toe behind with the hands
- Standing Side to Side oblique Twist (3 Set of 20 Counts + Pause)

**Monday 10th Week Pilates**
- Touch out with arms going to sides, diagonal, up and down
- Full Leg extension – Forward, Side, Back, and Across
- Knee Extension- up, open to Sides
- Repeat all these on other Side
- Arms Circles clock wise and Anti clock wise
- Arms Rotation clock wise and Anti clock wise
- Crossing the Arms in front
- Leg lift by lying down on mat
<table>
<thead>
<tr>
<th>Day</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Scissors on mat, Pavanmuktasana, Abs work out by sitting on your knees and trying to touch the toe behind with the hands, Standing Side to Side oblique Twist.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Swiss Ball (3 Sets of 20 counts each)</td>
</tr>
<tr>
<td></td>
<td>- Single Leg Trunk and Extension Repeater</td>
</tr>
<tr>
<td></td>
<td>- Twist Crunch to lifted leg</td>
</tr>
<tr>
<td></td>
<td>- Twist hold, knee lift leg extension</td>
</tr>
<tr>
<td></td>
<td>- Arms Back, twist, Touch inside of foot</td>
</tr>
<tr>
<td></td>
<td>- Arms back, Side Bend, Touch outside of foot</td>
</tr>
<tr>
<td></td>
<td>- Single leg crunch hold, dynamic arms</td>
</tr>
<tr>
<td></td>
<td>- Static Crunch leg Extension</td>
</tr>
<tr>
<td></td>
<td>- Basic crunch with leg lift</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Pilates (3 Sets of 20 counts each)</td>
</tr>
<tr>
<td></td>
<td>- Touch out with arms going to sides, diagonal, up and down.</td>
</tr>
<tr>
<td></td>
<td>- Full Leg extension - Forward, Side, Back, and Across</td>
</tr>
<tr>
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<td>- Repeat all these on other Side</td>
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<tr>
<td></td>
<td>- Crossing the Arms in front</td>
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<tr>
<td></td>
<td>- Leg lift by lying down on mat</td>
</tr>
<tr>
<td></td>
<td>- Scissors on mat</td>
</tr>
<tr>
<td></td>
<td>- Pavanmuktasana</td>
</tr>
<tr>
<td>Thursday</td>
<td>Swiss Ball (3 Sets of 20 counts each)</td>
</tr>
<tr>
<td></td>
<td>- Single Leg Trunk and Extension Repeater</td>
</tr>
<tr>
<td></td>
<td>- Twist Crunch to lifted leg</td>
</tr>
<tr>
<td></td>
<td>- Twist hold, knee lift leg extension</td>
</tr>
<tr>
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<td>- Arms Back, twist, Touch inside of foot</td>
</tr>
<tr>
<td></td>
<td>- Arms back, Side Bend, Touch outside of foot</td>
</tr>
<tr>
<td></td>
<td>- Basic Crunches</td>
</tr>
<tr>
<td></td>
<td>- Altar Oblique Crunches</td>
</tr>
<tr>
<td></td>
<td>- Lateral Oblique Crunches</td>
</tr>
<tr>
<td></td>
<td>- Toe Touches</td>
</tr>
</tbody>
</table>

11th = 9th Week --- 12th Week = 8th Week

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<table>
<thead>
<tr>
<th>Day</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Pilates (3 Sets of 20 Counts each)</td>
</tr>
<tr>
<td></td>
<td>- Shuffle Squat</td>
</tr>
<tr>
<td></td>
<td>- Spider Man</td>
</tr>
<tr>
<td></td>
<td>- Side Plank Kicks</td>
</tr>
<tr>
<td></td>
<td>- Standing Dynamic Crunch</td>
</tr>
<tr>
<td></td>
<td>- Plank with twist extension</td>
</tr>
<tr>
<td></td>
<td>- Abs crunch with knife jacks</td>
</tr>
<tr>
<td></td>
<td>- Pilates Push-up</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Swiss Ball (3 Sets of 20 Counts each)</td>
</tr>
<tr>
<td></td>
<td>- Basic Leg crunch on top then Extension and Crunch</td>
</tr>
<tr>
<td></td>
<td>- Ball roll into Crunch</td>
</tr>
<tr>
<td></td>
<td>- Single Leg roll-in twist crunch</td>
</tr>
<tr>
<td></td>
<td>- Single leg roll-in , twist crunches with lifted leg</td>
</tr>
<tr>
<td></td>
<td>- Ball Crunch</td>
</tr>
<tr>
<td></td>
<td>- Crunch throw the ball and Catch</td>
</tr>
<tr>
<td></td>
<td>- Basic crunch with leg lift</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Pilates Exercise</td>
</tr>
<tr>
<td></td>
<td>- Basic Crunches</td>
</tr>
<tr>
<td></td>
<td>- Altar Oblique Crunches</td>
</tr>
<tr>
<td></td>
<td>- Lateral Oblique Crunches</td>
</tr>
<tr>
<td></td>
<td>- Toe Touches</td>
</tr>
</tbody>
</table>
• Reverse Crunches
• Side Crunches
• Push Through
• Alternating Curls
• Curls
• The Hundred
• The Roll Up
• Criss Cross
• Single Leg Stretch
• Double Leg Stretch
• Shoulder Bridge
• Pelvic Curls

Thursday  Swiss Ball Exercise
(3 Sets of 20 Counts each)
• Basic Leg crunch on top then Extension and Crunch
• Ball roll into Crunch
• Single Leg roll-in twist crunch
• Single leg roll-in, twist crunches with lifted leg
• Ball Crunch
• Crunch throw the ball and Catch
• Basic crunch with leg lift

Friday  Pilates
(3 Sets of 20 Counts each)
• Shuffle Squat
• Spider Men
• Side Plank Kicks
• Standing Dynamic Crunch
• Plank with twist extension
• Abs crunch with knife jacks
• Pilates Push-up

Monday  14th Week  Pilates
(Dividing the Class into 4 Lines)
• 1st line: Squat, Lunges, Calf Raise and Dead lift.
• 2nd line: Step Workout Simple like Basic, Step Knee, Turn Step, V Step.
• 3rd line: Abs Crunch, Pelvic Tilt, Suitcases and Russian Twist.
• 4th line: Plymatric: High Knees, Mountain Crunch, Fly Jacks and Shuffle.

Tuesday  Swiss Ball
(3 Sets of 20 Counts each)
• Shuffle Squat
• Basic Crunch
• Extended Crunch
• Twist Crunch
• Side Bend Crunch
• Static Crunch with Dynamic Arms

Wednesday  Pilates
➤ 1st SET (Each Exercise 10 Counts)
• Squat Jumps
• Front Lunges only right side Front Lunges only Left side
• Squat Jumps with Hold (10 sec) Front Lunges with Hold (Right)
• Front Lunges with Hold (Left)
• Squat Jumps Hold and Pulse
• Front Lunges Hold and Pulse (R)
• Front Lunges Hold and Pulse (L)
➤ 2nd SET: Standing Side to Side oblique Twist (3 Set of 20 Counts + Pulse)
➤ 3rd SET (20 Counts)
• Standing Front Knee Ups
• Standing Front Knee Ups (Right)
• Standing Front Knee Ups (Left)
• Standing Front Knee Ups R+ Hold
• Standing Front Knee Ups L+ Hold
• Standing Front Knee Ups (RHP)
• Standing Front Knee Ups (LHP)
➤ 4th SET
• Squats with Pulse -20 Counts
• Alternate Lunges with Pulse -20 Counts
• Standing Side to Side oblique Twist-20 Counts

Thursday  Swiss Ball
(3 Sets of 20 Counts each)
• Basic Crunch
• Extended Crunch
• Twist Crunch
• Side Bend Crunch
• Static Crunch with Dynamics Arms
• Static Crunch leg lift
• Static Crunch leg Extension
• Basic crunch with leg lift

Friday  Pilates
Dividing the Class into 4 Line
• 1st line: Squat, Lunges, Calf Raise and Dead lift.
• 2nd line: Step Workout Simple like Basic, Step Knee, Turn Step, V Step.
• 3rd line: Abs Crunch, Pelvic Tilt, Suitcases and Russian Twist.

15th = 13th Week ----16th Week =14th Week

<table>
<thead>
<tr>
<th>Monday</th>
<th>17th Week</th>
<th>Pilates</th>
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<tbody>
<tr>
<td>(4 Sets of 20 Counts)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goddess Workout</td>
<td></td>
<td></td>
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<tr>
<td>Goddess Squat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warrior Lunges</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warrior fine toning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Downward Dog tummy twist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Side Plank with warm hug</td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Swiss Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3 Sets of 20 Counts)</td>
<td></td>
</tr>
<tr>
<td>Ball Crunch</td>
<td></td>
</tr>
<tr>
<td>Ball Crunch arms Back</td>
<td></td>
</tr>
<tr>
<td>Ball Twist Crunch</td>
<td></td>
</tr>
<tr>
<td>Ball Twist crunch outside lifted Leg</td>
<td></td>
</tr>
<tr>
<td>Single Leg Tuck ball twist and extension repeater</td>
<td></td>
</tr>
<tr>
<td>Repeater Outer leg</td>
<td></td>
</tr>
<tr>
<td>Shuffle Squat with Ball</td>
<td></td>
</tr>
<tr>
<td>Single leg Trunk</td>
<td></td>
</tr>
<tr>
<td>Single Leg roll-in twist crunch</td>
<td></td>
</tr>
<tr>
<td>Ball twist and Throw</td>
<td></td>
</tr>
<tr>
<td>Ball Crunch</td>
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<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Pilates</th>
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<tbody>
<tr>
<td>(3 Sets of 20 Counts)</td>
<td></td>
</tr>
<tr>
<td>Bicycle Crunch</td>
<td></td>
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<tr>
<td>V Sit with hand Forward</td>
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<tr>
<td>V Sit with hand Side</td>
<td></td>
</tr>
<tr>
<td>V Sit with hand Fold</td>
<td></td>
</tr>
<tr>
<td>Plank kick back and Side leg lift</td>
<td></td>
</tr>
<tr>
<td>Repeat on the other side</td>
<td></td>
</tr>
<tr>
<td>Spider Men</td>
<td></td>
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<tr>
<td>Rock and Roll on back</td>
<td></td>
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<tr>
<td>Earth Quake</td>
<td></td>
</tr>
<tr>
<td>Flutter kicks (This can be done with various angle 30, 60, 90)</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Thursday</th>
<th>Swiss Ball</th>
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<tbody>
<tr>
<td>(3 Sets of 20 Counts)</td>
<td></td>
</tr>
<tr>
<td>Ball Crunch</td>
<td></td>
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<tr>
<td>Ball Crunch arms Back</td>
<td></td>
</tr>
<tr>
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<tr>
<td>Ball Twist crunch outside lifted Leg</td>
<td></td>
</tr>
<tr>
<td>Single Leg Tuck ball twist and extension repeater</td>
<td></td>
</tr>
<tr>
<td>Repeater Outer leg</td>
<td></td>
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<tr>
<td>Shuffle Squat with Ball</td>
<td></td>
</tr>
<tr>
<td>Single leg Trunk</td>
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</table>

- Single Leg roll-in twist crunch
- Ball twist and Throw
- Ball Crunch

<table>
<thead>
<tr>
<th>Friday</th>
<th>Pilates</th>
</tr>
</thead>
<tbody>
<tr>
<td>(4 Sets of 20 Counts)</td>
<td></td>
</tr>
<tr>
<td>Goddess Workout</td>
<td></td>
</tr>
<tr>
<td>Goddess Squat</td>
<td></td>
</tr>
<tr>
<td>Warrior Lunges</td>
<td></td>
</tr>
<tr>
<td>Warrior fine toning</td>
<td></td>
</tr>
<tr>
<td>Downward Dog tummy twist</td>
<td></td>
</tr>
<tr>
<td>Side Plank with warm hug</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday</th>
<th>18th Week</th>
<th>Pilates</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3 Sets of 20 Counts)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abs Crunches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hundred</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plank</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leg Circles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Side Kicks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hip extension</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Side leg lift</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolling Twice a ball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pelvic lift</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basic Back Extension</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Swiss Ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>(3 Sets of 20 Counts)</td>
<td></td>
</tr>
<tr>
<td>Basic Crunch</td>
<td></td>
</tr>
<tr>
<td>Ball Leg lift</td>
<td></td>
</tr>
<tr>
<td>Ball Leg lift extension</td>
<td></td>
</tr>
<tr>
<td>Ball Leg hold Scissors</td>
<td></td>
</tr>
<tr>
<td>Draw Bridge</td>
<td></td>
</tr>
<tr>
<td>Double Crunch</td>
<td></td>
</tr>
<tr>
<td>Double Leg Stretch, ball in hand</td>
<td></td>
</tr>
<tr>
<td>Double Leg Stretch side bend and Hold</td>
<td></td>
</tr>
<tr>
<td>Bicycle Ball in hands</td>
<td></td>
</tr>
<tr>
<td>Bicycle ball In foot</td>
<td></td>
</tr>
<tr>
<td>Pass and Grab</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Pilates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st SET</td>
<td></td>
</tr>
<tr>
<td>Squat Jumps – 10 Counts</td>
<td></td>
</tr>
<tr>
<td>Front Lunges only right side-10</td>
<td></td>
</tr>
<tr>
<td>Front Lunges only Left side – 10</td>
<td></td>
</tr>
<tr>
<td>Squat Jumps with Hold (10 sec)</td>
<td></td>
</tr>
<tr>
<td>Front Lunges with Hold (10 sec)</td>
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<tr>
<td>Squat Jumps Hold-Pulse-10</td>
<td></td>
</tr>
<tr>
<td>Front Lunges Hold-Pulse-10</td>
<td></td>
</tr>
</tbody>
</table>

- 2nd SET: Standing Side to Side oblique Twist (3 Set of 20 Counts + Pause)

- 3rd SET (Each Exercise 20 Counts)
  - Standing Front Knee Ups
  - Standing Front Knee Ups (R)
• Standing Front Knee Ups (L)
• Standing Front Knee Ups(R) Hold
• Standing Front Knee Ups(L) Hold
• Standing Front Knee Ups From Right + Hold and Pulse.
• Standing Front Knee Ups From Left + Hold and Pulse.

➤ 4th SET
• Squats with Pause -20 Counts
• All Lunges with Pause -20 Counts
• Standing Side to Side oblique Twist-20 Counts

Thursday  Swiss Ball
(3 Sets of 20 Counts)
• Basic Crunch
• Ball Leg lift
• Ball Leg lift extension
• Ball Leg hold Scissors
• Draw Bridge
• Double Crunch
• Double Leg Stretch, ball in hand
• Double Leg Stretch side bend and Hold
• Bicycle Ball in hands
• Bicycle ball In foot
• Pass and Grab

Friday  Pilates
• Hundred
• Abs Crunches
• Plank
• Leg Circles
• Side Kicks
• Hip extension
• Side leg lift
• Rolling Twice a ball
• Pelvic lift
• Basic Back Extension

19th = 17th Week – 20th Week =18th Week

Monday  21st Week Pilates
(3 Sets of 20 Counts each)
• Sumo Squat
• Alternate Lunges
• Side Twists
• Bicycle
• Pilates Push-ups
• Side Planks
• Criss-cross
• V-Sit
• Kneeling Side Kick
• Jack Knife
• Hundreds.

(3 Sets of 20 Counts each)
• Side Cruncbes on Ball
• Side Twist Crunches to wall
• Side open twist crunch
• Static side crunch with dynamic arms
• Side crunch roll-in –Arms Up
• Side Crunch Ball leg lift
• Side Crunch ball in hands
• Side Crunch ball leg lift pike

Wednesday  Pilates
➤ 1st SET
• Squat Jumps – 10 Counts
• Front Lunges only right side – 10 Counts
• Front Lunges only Left side – 10 Counts
• Squat Jumps with Hold (10 sec) – 10 Counts
• Front Lunges with Hold on right side (10 sec) – 10 Counts
• Front Lunges with Hold on left side(10 sec)-10 Counts
• Squat Jumps Hold (10 sec)and Pulse – 10 Counts
• Front Lunges Hold (10 sec) and Pulse right side – 10 Counts
• Front Lunges Hold(10 sec) and Pulse left side-10 Counts

➤ 2nd SET: Standing Side to Side oblique Twist (3 Set of 20 Counts + Pulse)

➤ 3rd SET
• Standing Front Knee Ups -20 Counts
• Standing Front Knee Ups From Right -20 Counts
• Standing Front Knee Ups From Left -20 Counts
• Standing Front Knee Ups From Right + Hold -20 Counts
• Standing Front Knee Ups From Left + Hold -20 Counts
• Standing Front Knee Ups From Right + Hold and Pulse -20 Counts
• Standing Front Knee Ups From Left + Hold and Pulse -20 Counts

➤ 4th SET
• Squats with Pulse -20 Counts
• Alternate Lunges with Pulse -20 Counts

Tuesday  Swiss Ball
• Alternate Crunches
• Plank
• Leg Circles
• Side Kicks
• Hip extension
• Side leg lift
• Rolling Twice a ball
• Pelvic lift
• Basic Back Extension

19th = 17th Week – 20th Week =18th Week
- Standing Side to Side oblique Twist-20 Counts

**Thursday**  
**Swiss Ball**  
(3 Sets of 20 Counts each)  
- Side Crunches on Ball  
- Side Twist Crunches to wall  
- Side open twist crunch  
- Static side crunch with dynamic arms  
- Side crunch roll-in –Arms Up  
- Side Crunch Ball leg lift  
- Side Crunch ball in hands  
- Side Crunch ball leg lift pike

**Friday**  
**Pilates**  
(3 Sets of 20 Counts each)  
- Sumo Squat  
- Alternate Lunges  
- Side Twists  
- Bicycle  
- Pilates Push-ups  
- Side Planks  
- V-Sit  
- Kneeling Side Kick  
- Jack Knife  
- Hundred

**Monday**  
**22nd Week**  
**Pilates**  
- Look at the Mother Land  
- Look at the Sky  
- Hip Hinge  
- Box Position  
- Hower Position  
- Cobra  
- Inverted V and Back  
- Side Planks  
- Warrior Lunges  
- Plank  
- Abs work out by sitting on your knees and trying to touch the toe behind with the hands  
- Standing Side to Side oblique Twist (3 Set of 20 Counts + Pause)

**Tuesday**  
**Swiss Ball**  
(3 Sets of 20 Counts each)  
- Basic Crunch  
- Squat and lift arms straight up  
- Squat twist and lift  
- One leg balance and circles  
- Lunges, twist and lift  
- Lunges hold and twist  
- Side bend with pause  
- One leg trunk and extended  
- Forward dynamics crunch  
- Standing side crunch to lifted leg  
- Roll out to plank from knees  
- Elbow plank  
- Plank side toe taps

**Wednesday**  
**Pilates**  
1st Set  
- Narrow Squat – 3 Sets 10 Counts  
- Alternate Lunges – 3 Sets 10 Counts  
- Knee ups Front and Back–  
- Knee ups side and Back (Outer Thigh)  
- Leg extension Front (Inner Thigh)  
- Leg extension Behind (Gluteus)  
- Jumping Jacks  
- Planks  
- Back Exercise  
- 2nd Set : Standing Side to Side oblique Twist (3 Set of 20 Counts + Pause)  
- 3rd Set  
- Squats with Pause -20 Counts  
- All Lunges with Pause -20 Counts  
- Standing Side to Side oblique Twist-20 Counts

**Thursday**  
**Swiss Ball**  
(3 Sets of 20 Counts each)  
- Basic Crunch  
- Squat and lift arms straight up  
- Squat twist and lift  
- One leg balance and circles  
- Lunges, twist and lift  
- Lunges hold and twist  
- Side bend with pause  
- One leg trunk and extended  
- Forward dynamics crunch  
- Standing side crunch to lifted leg  
- Roll out to plank from knees  
- Elbow plank  
- Plank side toe taps

**Friday**  
**Pilates**  
- Look at the Mother Land  
- Look at the Sky  
- Hip Hinge  
- Box Position  
- Hower Position  
- Cobra  
- Inverted V and Back  
- Side Planks  
- Warrior Lunges  
- Plank
• Abs work out by sitting on your knees and trying to touch the toe behind with the hands
• Standing Side to Side oblique Twist (3 Set of 20 Counts + Pause)

23th = 21th Week ----24th Week =22nd Week

Monday  1st Week  Gymnastics
• Side Scale
• Front Scale
• Front with Back Scale
• V Scale
• Straddle Scale
• Knee Scale
• Walk With Action,

Tuesday  Gymnastics
• Side Scale, Front Scale
• Front with Back Scale, V Scale, Straddle Scale, Knee Scale, Walk With Action

Wednesday  Gymnastics
• Side Scale
• Front Scale
• Front with Back Scale
• V Scale
• Straddle Scale
• Knee Scale
• Walk With Action,

Thursday  Gymnastics
• Previous Exercise
• Forward Roll Drill
• Forward Roll
• Forward Astraid Roll

Friday  Gymnastics
• Previous Exercise
• Forward Roll Drill
• Forward Roll
• Forward Astraid Roll
• Stick Drills
• Tuck Jump Stick
• Straddle Jump Stick
• Pike Jump Stick

Monday  2nd Week  Gymnastics
• Previous Exercise: Side Scale, Front Scale, Front with Back Scale, V Scale, Straddle Scale, Knee Scale, Walk with Action.
• Forward Roll Drill
• Forward Roll
• Forward Astraid Roll
• Backward Roll Drill

Tuesday  Gymnastics
• Previous Exercise: Side Scale, Front Scale, Front with Back Scale, V Scale, Straddle Scale, Knee Scale, Walk with Action.
• Standing straight Jump stick off Double Mini
• Standing Tuck Jump Stick off double mini
• Standing Straddle Jump Stick off Double Mini
• Standing Pike Jump Stick off Double Mini
• Forward Roll and Backward Roll
• Forward and Backward Drill alternate

Wednesday  Gymnastics
• Standing straight Jump stick off Double Mini
• Standing Tuck Jump Stick off double mini
• Standing Straddle Jump Stick off Double Mini
• Standing Pike Jump Stick off Double Mini
• Forward Roll
• Backward Roll
• Forward and Backward Drill alternate

Thursday  Gymnastics
• Previous Exercise: Side Scale, Front Scale, Front with Back Scale, V Scale, Straddle Scale, Knee Scale, Walk with Action.
• Standing straight Jump stick off Double Mini, Standing Tuck Jump Stick off double mini, Standing Straddle Jump Stick off Double Mini, Standing Pike Jump Stick off Double Mini, Forward Roll , Backward Roll , Forward and Backward Drill alternate
• Forward Roll Drill
• Forward Roll
• Forward Astraid Roll

Friday  Gymnastics
• Standing Half Turn Stick off Double Mini
• Standing Full Turn Stick off Double Mini
- Straight Jump stick off Double Mini
- 3rd = 1st Week – 4th = 2nd Week

### Monday 5th Week Gymnastics
- Previous Exercise: 1st Month
- Mondays Exercise
- Back Ward Roll Drill
- Back Ward Roll
- Bridge
- Double Forward Roll
- Double backward Roll
- flexors, Arms Swings chest Shoulders

### Tuesday Gymnastics
- Previous Exercise: 1st Month
- Tuesday Exercise
- Triple Forward Roll
- Backward Astraid Roll
- Forward Roll to Break Your Fall
- Backward Roll to Break Your Fall

### Wednesday Gymnastics
- Previous Exercise: 1st Month
- Wednesday Exercise
- Leg Split Over
- Leg Split with Front Roll
- Leg Split With Back Roll

### Thursday Gymnastics
- Previous Exercise: Standing straight Jump stick off Double Mini, Standing Tuck Jump Stick off double mini, Standing Straddle Jump Stick off Double Mini, Standing Pike Jump Stick off Double Mini, Forward Roll, Backward Roll , Forward Roll Drill alternate
- Front Walkover
- Forward Roll for Bent Arms Stand
- Gymnastics Tick Tocks

### Friday Gymnastics
- Previous Exercise: Forward Roll Drill, Forward Roll, Forward Astraid Roll, Stick Drills, Tuck Jump Stick, Straddle Jump Stick, Pike Jump Stick
- Bridge
- Developing Cartwheels
- Cartwheels

### Monday 6th Week Gymnastics
- Previous Exercise: Side Scale, Front Scale, Front with Back Scale, V Scale, Straddle Scale, Knee Scale, Walk with Action, Forward Roll Drill, Forward Roll, Forward Astraid Roll, Backward Roll Drill
- Two Men Forward Roll
- Parkour Roll (With Hand Supports without Mat)
- Two Men Cart Wheels

### Tuesday Gymnastics
- Previous Exercise: 1st Month
- Tuesday Exercise
- Hand Spring
- Back Bend
- Back Bend with Kick over
- Forward With Backward Roll

### Wednesday Gymnastics
- Previous Exercise: 1st Month
- Wednesday Exercise
- Leg Split Over
- Leg Split with Front Roll
- Leg Split With Back Roll

### Thursday Gymnastics
- Previous Exercise: Standing straight Jump stick off Double Mini, Standing Tuck Jump Stick off double mini, Standing Straddle Jump Stick off Double Mini, Standing Pike Jump Stick off Double Mini, Forward Roll, Backward Roll, Forward Roll Drill alternate
- Front Walkover
- Forward Roll for Bent Arms Stand
- Gymnastics Tick Tocks

### Friday Gymnastics
- Round Up
- Front Sumar Sualt in Mat with Support
- Back Sumar Sualt In Mat with Support

### Monday 9th Week Gymnastics
- Previous Exercise: 1st Month
- Mondays Exercise
- Back Ward Roll Drill
• Back Ward Roll
• Bridge
• Double Forward Roll
• Double backward Roll

Tuesday Gymnastics
• Previous Exercise: 1st Month Tuesday Exercise
• Triple Forward Roll
• Backward Astraid Roll
• Forward Roll to Break Your Fall
• Forward Roll to Break Your Fall

Wednesday Gymnastics
• Previous Exercise: 1st Month Wednesday Exercise
• Parkour Roll (Hand Supports Mat)
• Cart Wheels
• Back Extension Roll
• Drive-in –Roll
• Hand Stand to Forward Roll
• Hand Stand to Backward Roll

Thursday Gymnastics
• Previous Exercise: 1st Month Thursday Exercise
• Parkour Roll (Supports with Mat)
• Cart Wheels
• Back Extension Roll
• Drive-in –Roll
• Hand Stand to Forward Roll
• Hand Stand to Backward Roll

Friday Gymnastics
• Previous Exercise: Forward Roll Drill, Forward Roll, Forward Astraid Roll, Stick Drills, Tuck Jump Stick, Straddle Jump Stick, Pike Jump Stick
• Bridge
• Developing Cartwheels

Monday 10th Week Gymnastics
• Previous Exercise: Side Scale, Front Scale, Front with Back Scale, V Scale, Straddle Scale, Knee Scale, Walk with Action, Forward Roll Drill, Forward Roll, Forward Astraid Roll, Backward Roll Drill
• Two Men Forward Roll
• Parkour Roll (With Hand Supports without Mat)
• Two Men Cart Wheels

Tuesday Gymnastics
• Previous Exercise: 1st Month Tuesday Exercise
• Hand Spring
• Back Bend
• Back Bend with Kick over
• Forward With Backward Roll

Wednesday Gymnastics
• Previous Exercise: 1st Month Wednesday Exercise
• Leg Split Over
• Leg Split with Front Roll
• Leg Split With Back Roll

Thursday Gymnastics
• Previous Exercise: Standing straight Jump stick off Double Mini, Standing Tuck Jump Stick off double mini, Standing Straddle Jump Stick off Double Mini, Standing Pike Jump Stick off Double Mini, Forward Roll, Backward Roll, Forward and Backward Drill alternate
• Front Walkover
• Forward Roll for Bent Arms Stand
• Gymnastics Tick Tocks

Friday Gymnastics
• Round Up
• Front Samar Sault in Mat with Support
• Back Samar Sault In Mat with Support

Monday 13th Week Gymnastics
• Previous Exercise: Last Two Month Monday Exercise
• Developing Cartwheels
• Cartwheels
• Circle Front Roll
• Developing Hand Stand
• Developing Bridge

Tuesday Gymnastics
• Previous Exercise: Last Two Month Monday Exercise
• Developing Forward Roll
• Leg Roll
• Sideways Roll
• Developing Backward Roll
**Wednesday**  
*Gymnastics*  
- **Previous Exercise:** Last Two Month Monday Exercise  
  - Split Leap  
  - Cat Leap  
  - Stag Leap  
  - Front Limber  
  - Whips  
  - Side Scale  

**Thursday**  
*Gymnastics*  
- Previous Exercise Two Month Exercise  
  - Back Limber  
  - Front Tuck  
  - Ariel  
  - Back Tuck  
  - Forward Roll Drill  
  - Forward Roll  
  - Forward Astraid Roll  

**Friday**  
*Gymnastics*  
- Previous Two Month Exercise  
  - Forward Roll Drill  
  - Forward Roll  
  - Forward Spilt  
  - Side Spilt  
  - Over Spilt  
  - Suspended Spilt  
  - Straddle Split Leap  

**Monday 14th Week**  
*Gymnastics*  
- **Previous Exercise:** Side Scale, Front Scale, Front with Back Scale, V Scale, Straddle Scale, Knee Scale, Walk with Action.  
  - Forward Roll Drill  
  - Forward Roll  
  - Forward Astraid Roll  
  - Backward Roll Drill  
  - Backward Roll  
  - Special Session: Front Roll and Back Roll Circle Games  

**Tuesday**  
*Gymnastics*  
- Previous Exercise: Side Scale, Front Scale, Front with Back Scale, V Scale, Straddle Scale, Knee Scale; Walk with Action.  
  - Session: Pyramids session: Total 10 Shape Pyramids doing by them  

**Wednesday**  
*Gymnastics*  
- **Previous Exercise:** Standing straight Jump stick off Double Mini, Standing Tuck Jump Stick off double mini, Standing Straddle Jump Stick off Double Mini, Standing Pike Jump Stick off Double Mini, Forward Roll, Backward Roll, Forward and Backward Drill alternate  
  - Double Front Roll  
  - Triple Front Roll  
  - Double Back Roll  
  - Triple Back Roll  
  - Wide Leg Front Roll  
  - Wide Leg Back Roll  
  - Three Men Front Roll Drill  

**Thursday**  
*Gymnastics*  
- **Previous Exercise:** Standing straight Jump stick off Double Mini, Standing Tuck Jump Stick off double mini, Standing Straddle Jump Stick off Double Mini, Standing Pike Jump Stick off Double Mini, Forward Roll, Backward Roll, Forward and Backward Drill alternate  
  - Hand Stand  
  - Hand Stand -Leg Raises and Slow down to Front Roll  
  - Drive-in Roll  
  - Back Leif with Support  

**Friday**  
*Gymnastics*  
  - Developing Cartwheels  
  - Cartwheels  
  - Circle Front Roll  
  - Developing Hand Stand  
  - Developing Bridge  

15th-13th Week—16th-14th Week  

**Monday 17th Week**  
*Gymnastics*  
- **Previous Exercise:** Forward Roll, Forward Roll Drill, Backward Roll, Backward Roll Drill, Hand Stand to Forward Roll, Hand Stand to Backward Roll, Drive-in –Roll  
  - Tuck Jump Stick off Block  
  - Straddle Jump Stick off Block  
  - Pike Jump Stick off Block  
  - Half Turn Stick off Block  
  - Full Turn Stick off Block  

**Tuesday**  
*Gymnastics*
- Previous Exercise: Forward Roll, Forward Roll Drill, Backward Roll, Backward Roll Drill, Hand Stand to Forward Roll, Hand Stand to Backward Roll, Drive-in Roll
- Tuck Jump Stick off Block and Straddle Jump Stick off Block
- Pike Jump Stick off Block
- Half Turn Stick off Block
- Full Turn Stick off Block

**Wednesday Gymnastics**

- Previous Exercise: Forward Roll, Forward Roll Drill, Backward Roll, Backward Roll Drill, Hand Stand to Forward Roll, Hand Stand to Backward Roll, Drive-in Roll, Tuck Jump Stick off Block, Straddle Jump Stick off Block, Pike Jump Stick off Block, Half Turn Stick off Block, Full Turn Stick off Block
- Tuck Jump stick off Double Mini
- Straddle Jump Stick Off Double Mini
- Pike Jump Stick off Double Mini
- Half Turn Stick off Double Mini
- Full Turn Stick off Double Mini
- Hand Stand to Backward Roll
- Hand Stand to Forward Roll
- Back Extension Roll

**Thursday Gymnastics**

- Previous Exercise: Forward Roll, Forward Roll Drill, Backward Roll, Backward Roll Drill, Hand Stand to Forward Roll, Hand Stand to Backward Roll, Drive-in Roll, Tuck Jump Stick off Block, Straddle Jump Stick off Block, Pike Jump Stick off Block, Half Turn Stick off Block, Full Turn Stick off Block
- Tuck Jump stick off Double Mini
- Straddle Jump Stick Off Double Mini
- Pike Jump Stick off Double Mini
- Half Turn Stick off Double Mini
- Full Turn Stick off Double Mini
- Hand Stand to Backward Roll
- Hand Stand to Forward Roll
- Back Extension Roll

**Friday Gymnastics**

- Previous Exercise: Tuck Jump stick off Double Mini, Straddle Jump Stick Off Double Mini, Pike Jump Stick off Double Mini, Half Turn Stick off Double Mini, Full Turn Stick off Double Mini, Hand Stand to Backward Roll, Hand Stand to Forward Roll, Back Extension Roll
- Candle Stick Forward Roll
- Candle Stick Backward Roll
- Hand Stand
- Straddle Cast Hand Stand

**M-T-W-T-F 18th Week Gymnastics**

- SET A: Side Scale, Front Scale, Front with Back Scale, V Scale, Straddle Scale, Knee Scale, Walk With Action, Bridge, Split Leap, Cat Leap, Stag Leap, Front Limber, Whips, Side Scale, Developing Cartwheels, Cartwheels
- SET B: Standing straight Jump Stick off Double Mini, Standing Tuck Jump Stick off double mini, Standing Straddle Jump Stick off Double Mini, Standing Pike Jump Stick off Double Mini, Forward Roll, Backward Roll, Forward and Backward Drill alternate
- SET D: Front Spilt, Side Spilt, Over Spilt, Suspended Spilt, Straddle Split Leap, Parkour Roll (With Hand Supports with Mat), Cart Wheels, Back Extension Roll, Drive-in Roll, Hand Stand to Forward Roll, Hand Stand to Backward Roll, Front Tuck, Ariel, Back Tuck
- SET E: Hand Spring, Back Bend, Back Bend with Kick over, Leg Split Over, Leg Split with Front Roll, Leg Split With Back Roll, Front Walkover, Forward Roll for Bent Arms Stand, Gymnastics Tick Tocks
- SET F: Hand Stand, Hand Stand - Leg Raises and Slow down to Front Roll, Drive-in Roll, Back Leif with Support, Round Up, Front Samar Sault in Mat with Support, Back Samar Sault In Mat with Support
- 19th Week as per 18th Week but Increases load doing each exercise 2 times in every session of Week.
- 20th Week as per 18th Week but Increases load doing each exercise 3 times in every session of Week.
- 21st Week as per 18th Week but Increases load doing each exercise 4 times in every session of Week.
- 22nd Week as per 18th Week but Increases load doing each exercise 5 times in every session of Week.
- 23rd Week as per 18th Week but Increases load doing each exercise 4 times in every session of Week.
- 24th Week as per 18th Week but Increases load doing each exercise 3 times in every session of Week.

<table>
<thead>
<tr>
<th>Monday</th>
<th>1st Week</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jumping Jacks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jumping Jacks with alternate knee raises</td>
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<td></td>
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<tr>
<td>Jump and Squat</td>
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<td></td>
</tr>
<tr>
<td>High knee jog</td>
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<tr>
<td>Spin on both legs</td>
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<tr>
<td>Spin on a single leg</td>
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<tr>
<td>Single leg raises</td>
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<tr>
<td>V Kicks</td>
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<tr>
<td>Stationary Kicks</td>
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<tr>
<td>Butterfly Hug</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Aquatics</th>
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</thead>
<tbody>
<tr>
<td>Flyes</td>
<td></td>
</tr>
<tr>
<td>Arms Curls</td>
<td></td>
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<tr>
<td>Water Jogging</td>
<td></td>
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<tr>
<td>Triceps Extension</td>
<td></td>
</tr>
<tr>
<td>Calf Raises (3 Sets of 20 Counts Each)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country Skis</td>
<td></td>
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<tr>
<td>Helicopter</td>
<td></td>
</tr>
<tr>
<td>Core rotation</td>
<td></td>
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<tr>
<td>Sit up on wall</td>
<td></td>
</tr>
<tr>
<td>Spearman Kick</td>
<td></td>
</tr>
<tr>
<td>Straight leg raises</td>
<td></td>
</tr>
<tr>
<td>Knee tuck with twist (3 sets of 20 counts each)</td>
<td></td>
</tr>
</tbody>
</table>

- Sides Lunge 10 Counts
- Side Squat – 10 Counts

<table>
<thead>
<tr>
<th>Monday</th>
<th>2nd Week</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>The triple twist</td>
<td></td>
<td></td>
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<tr>
<td>Lateral Flexion + Star Jump</td>
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<td></td>
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<tr>
<td>Water-Water signature step</td>
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<tr>
<td>The Zumba High Step</td>
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<tr>
<td>The Hangover Step</td>
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<tr>
<td>Booty Pump + Shuffle</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Aquatics</th>
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</thead>
<tbody>
<tr>
<td>Biceps Curls</td>
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<tr>
<td>Triceps dips</td>
<td></td>
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<tr>
<td>Crunch with Dumbbells</td>
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<tr>
<td>Side to Side</td>
<td></td>
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<tr>
<td>Back exercise</td>
<td></td>
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<tr>
<td>Water bicycle in place</td>
<td></td>
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<tr>
<td>Water Jogging (3 Sets of 20 Counts Each)</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Friday</th>
<th>Aquatics</th>
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</thead>
<tbody>
<tr>
<td>Skips</td>
<td></td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td></td>
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<tr>
<td>Two-foot ankle hop</td>
<td></td>
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<tr>
<td>Sprinting</td>
<td></td>
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<tr>
<td>Body Squats</td>
<td></td>
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<tr>
<td>Squats Jumps</td>
<td></td>
</tr>
<tr>
<td>Front flutters Kick (5 sets of 20 counts each)</td>
<td></td>
</tr>
<tr>
<td>Sides Lunge 10 Counts</td>
<td></td>
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<tr>
<td>Side Squat – 10 Counts</td>
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</table>

3rd = 1st Week -- 4th Week = 2nd Week

<table>
<thead>
<tr>
<th>Monday</th>
<th>5th Week</th>
<th>Aquatics</th>
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</thead>
<tbody>
<tr>
<td>Front flutters Kick</td>
<td></td>
<td></td>
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<tr>
<td>High leg Swings</td>
<td></td>
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<tr>
<td>Back flutters kicks</td>
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<tr>
<td>The flip</td>
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<tr>
<td>Sprint</td>
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<tr>
<td>Mermaid movement</td>
<td></td>
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<tr>
<td>Butterfly Beats (How many set and count)</td>
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<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Aquatics</th>
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</thead>
<tbody>
<tr>
<td>Water front Jab</td>
<td></td>
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<tr>
<td>Water cross Jab</td>
<td></td>
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<tr>
<td>Water Hook</td>
<td></td>
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<tr>
<td>Water Upper-cut</td>
<td></td>
</tr>
<tr>
<td><strong>Note:</strong> Repeat only this first on all at right side then on left. Then take alternate</td>
<td></td>
</tr>
<tr>
<td>Front water Kick</td>
<td></td>
</tr>
<tr>
<td>Side water Kick</td>
<td></td>
</tr>
<tr>
<td>Only right and only left and then alternate</td>
<td></td>
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<tr>
<td>Day</td>
<td>6th Week</td>
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<td>----------</td>
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<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>30 min high intensity water kicks boxing.</td>
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<tr>
<td></td>
<td>Lateral Jumps</td>
</tr>
<tr>
<td></td>
<td>Shuffle jump to your right and back home</td>
</tr>
<tr>
<td></td>
<td>Sprint</td>
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<tr>
<td></td>
<td>Push- ups on pool wall</td>
</tr>
<tr>
<td></td>
<td>Jumps with knee-trunks</td>
</tr>
<tr>
<td></td>
<td>Hurdles jumps (3 Sets of 20 Counts)</td>
</tr>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jumping Jacks</td>
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<tr>
<td></td>
<td>Push-ups on the wall</td>
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<tr>
<td></td>
<td>Abb Crunches</td>
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<tr>
<td></td>
<td>Straight leg toe touch</td>
</tr>
<tr>
<td></td>
<td>Arms stretches to sides,</td>
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<tr>
<td></td>
<td>Arms Stretches to diagonal</td>
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<tr>
<td></td>
<td>Arms stretches up and down</td>
</tr>
<tr>
<td></td>
<td>Full Arm rotation(Forward and Backward)</td>
</tr>
<tr>
<td></td>
<td>Water trader (5 set of 20 counts)</td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water Jogging with dumbbells</td>
</tr>
<tr>
<td></td>
<td>Travelling water jogging</td>
</tr>
<tr>
<td></td>
<td>Frontal raise</td>
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<tr>
<td></td>
<td>Lateral Raise</td>
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<tr>
<td></td>
<td>Squat jumps</td>
</tr>
<tr>
<td></td>
<td>Cross Country skiing</td>
</tr>
<tr>
<td></td>
<td>Side to side bends (5 Sets of 20 Counts)</td>
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<table>
<thead>
<tr>
<th>Day</th>
<th>10th Week</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cross country skiing</td>
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<tr>
<td></td>
<td>Rotating skies</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zig-zag Bounce</td>
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</tr>
<tr>
<td></td>
<td>Scoops</td>
<td></td>
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<tr>
<td></td>
<td>Summer Sault in the water</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Crunch with a dumbbell</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 part Repeater</td>
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</tr>
<tr>
<td></td>
<td>3 Part Repeater</td>
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</tr>
<tr>
<td></td>
<td>Water bicycle with overhead press</td>
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</tr>
<tr>
<td></td>
<td>Sit ups on pool wall</td>
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</tr>
<tr>
<td></td>
<td>Superman kicks</td>
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</tr>
<tr>
<td></td>
<td>Jump with Hand-ups (3 Sets of 20 Counts Each)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>11th week -12th week = 10th week</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Cross-Country Skies</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Helicopters</td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 part repeaters</td>
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<tr>
<td></td>
<td>Membo with Cha Cha</td>
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<tr>
<td></td>
<td>V – Steps (32 counts on music)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>9th Week</th>
<th>Aquatics</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water jog in place</td>
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<tr>
<td></td>
<td>Moving arms up and down</td>
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</tr>
<tr>
<td></td>
<td>Moving arms back and front</td>
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</tr>
<tr>
<td></td>
<td>Bounce</td>
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<tr>
<td></td>
<td>Hip rolls</td>
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</tr>
<tr>
<td></td>
<td>Swinging legs back and front</td>
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<tr>
<td></td>
<td>Playing Water Polo</td>
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</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Flyes</td>
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<tr>
<td></td>
<td>Arms Curls</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Day</th>
<th>14th Week</th>
<th>Aquatics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
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<tr>
<td></td>
<td>Playing Water Polo</td>
<td></td>
</tr>
</tbody>
</table>
- Running on place i.e. Sprint
- Cross Country skies
- Jumping Jacks
- Jog Wide
- Jog Narrow (32 Count beat)
- Water treader (5 set of 20 counts)

**Wednesday Aquatics**
- Water Jogging
- Push-ups on pool wall
- Abb crunches with weights
- Straight leg toe-touch
- Side to Side
- Back Exercise (3 sets 20 Counts)

**Friday Aquatics**
- Hold the towel end to end in both hands take it above your head
- Stretch your Arms behind your head
- Just move your hip side to side
- Now hips and your arms
- Bring your arms to side and try to touch your wrist
- Try to touch the towel to the knee and to the feet
- Toe touch with the towel (3 sets 20 counts)

15th = 13th Week – 16th = 14th Week

**Monday 17th Week Aquatics**
- Cross- Country Skies
- V- Kicks
- Rotating Skies
- Zig-Zag (On music with 32 Counts Beats)
- Jumping Jacks

**Wednesday Aquatics**
- Water Jogging
- Push-ups on pool wall
- Abb crunches with weights
- Straight leg toe-touch
- Side to Side
- Back Exercise (3 sets 20 Counts)

**Friday Aquatics**
- Posterior Leg Kicks
- Anterior Leg Kicks
- Free Style Swimming laps -5
- Back Stroke - 5 Laps
- Helicopter

**Monday 18th Week Aquatics**
- Running on place i.e. Sprint
- Cross Country skies
- Jumping Jacks
- Jog Wide
- Jog Narrow (32 Count beat)
- Water treader (5 set of 20 counts)

**Wednesday Aquatics**
- Bounce
- Rotation of Arms
- Tip toe Walking
- High Knees
- Ham Curls

**Friday Aquatics**
- Running on place i.e. Sprint
- Hurdles Jumps
- Water Traders
- Body Squats
- Bicycles
- Jog Wide
- Jog Narrow (3 Sets of 20 Counts)

19th = 17th Week – 20th Week = 18th Week

**Monday 21st Week Aquatics**
- Water front Jab
- Water cross Jab
- Water Hook
- Water Upper-cut
  **Note:** Repeat only this first on all at right side then on lift. Then take alternate
- Front water Kick
- Side water Kick
- Only right and only left and then alternate
- 30 min high intensity water kicks boxing.

**Wednesday Aquatics**
- Biceps Curls
- Triceps Dips
- Side to Side
- Back exercise
- Bicycles
- Push-ups on Wall
- Butterfly Beats (5 Sets of 20 Counts)

**Friday Aquatics**
- Sprint
- Jumping with knee ……….
- Cross-Country Skiing
- Zig Zag Driving
- Jumping with toe touches (5 Sets of 20 Counts)

**Monday 22nd Week Aquatics**
- Jumping Jacks
- High knee jog
- Spin
- V- Kicks
• Standing summer Sault
• Back lift (3 Sets of 20 Counts)
• Note: Repeat only this first on all at right side then on left then take alternate.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Aquatics</th>
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</thead>
<tbody>
<tr>
<td>• Helicopters</td>
<td></td>
</tr>
<tr>
<td>• Core rotation</td>
<td></td>
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<tr>
<td>• Sit ups on wall</td>
<td></td>
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<tr>
<td>• Superman kicks</td>
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<tr>
<td>• Knee trunk with twist</td>
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<tr>
<td>• Butterfly Beats (3 Sets of 20 Counts)</td>
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<tr>
<td>• Leg Raises with no hand movement</td>
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<tr>
<td>• After few second add hand movement</td>
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<tr>
<td>• Side hops</td>
<td></td>
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<tr>
<td>• Ham Curls</td>
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<tr>
<td>• Hip rotation</td>
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<tr>
<td>• Driving</td>
<td></td>
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<tr>
<td>• Water Polo games</td>
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23rd = 21st week --- 24th week = 22nd week

STATISTICAL PROCEDURE

The following statistical techniques was used to find out the effects of Different Rehabilitation Program (Aerobic Fitness Rehabilitation Program (AFRP), Swiss Ball and Pilates Exercise Rehabilitation Program (SPRP), Gymnastics Floor Exercise Rehabilitation Program (GFRP), Aquatics Exercise Rehabilitation Program (AERP)) on selected Variables (Weight, Fat Percentage, Fat Mass, Fat Free Mass, Lean Body Mass, Body Mass Index Percentile, Chest Girth, Belly Girth, Hip Girth and Thigh Girth) among overweight students. The researcher used Analysis of covariance (ANCOVA) for interpreting the results as recommended by Clarke and Clarke. The data were analyzed with the computer using ‘SPSS’ 20.0 statistical package. The level of confidence was fixed at 0.05 level of confidence. “ANCOVA” test is used to determine the significance of the paired mean differences.