








EXERCISES FOR EASY TO MODERATE TREKS

DAYS	EXERCISES	3 MONTH PRIOR	2 MONTH PRIOR	1 MONTH PRIOR
DAY 1, 3 and 5	 Uphill training (Stairs Climbing)	15 minutes (5 minutes continuously* 3 sets) 1 minute rest between sets	30 minutes (10 minutes continuously* 3 sets) 1 minute rest between sets	30 minutes (15 minutes continuously* 2 sets) 2 minute rest between sets
	 Push Up	10*1 Set (10)	15*2 Set (30) (1 minute rest between sets)	15*3 Set (45) (2 minute rest between sets)
	 Squats	10*1 Set (10)	15*2 Set (30) (1 minute rest between sets)	15*3 Set (45) (2 minute rest between sets)
DAY 2, 4 and 6	 Jog	15 minutes (Cover 2 km of distance)	25 minutes (Cover 3 km of distance)	30 minutes (Cover 4 km of distance)
	 Crunches	10*1 Set (10) (1 minute rest between sets)	15*2 Set (30) (1 minute rest between sets)	15*3 Set (45) (1 minute rest between sets)
DAY 7	REST			