



**WMO Arts & Science College, Muttil**  
**Department of Physical Education**  
**Certified Course on**  
**GENERAL FITNESS DEVELOPMENT**

**SYLLABUS:** Total Hrs. : 30

**Day -1**

Warming up 15 minutes (push ups 5 repetition and 3 sets. burpee 3 repetition and 2 sets)

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Sit ups 10 repetition of 3 sets
- Push ups 5 repetition of 3 sets
- Pull ups 4 repetition of 3 sets

Warming down exercises for 15 minutes

**Day-2**

Warming up:-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Squat 10 repetition of 2 sets
- Single leg squat 5 repetitions for each leg
  
- Heel raise 10 repetition for 3 sets

Warming down exercises for 15 minutes

### **Day-3**

#### *GENERAL FITNESS ADD ON COURSE IN GENERAL FITNESS*

Held on 04-january 2021 for 20 days, 30 students were attended.  
Minor game for warming up (15 minutes)

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Sit ups 10 repetition of 3 sets
- prone shoulder raise 10 repetition of 3 sets
- plank 30 seconds of 3 sets

Warming down exercises for 15 minutes

### **Day-4**

Jogging (15 MINUTES) for warming up

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Prisoner squat 10 repetitions of 3 sets
- Side squat 5 repetitions of each leg
- Jumping jacks for 10 minutes continuously

Warming down exercises for 15 minutes

### **Day-5**

Minor game for warming up (15 minutes)

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Russian twists 30 second 3 sets
- Leg raise 25 repetition 3 sets
- Crunch 10 repetition 3 sets

Warming down exercises for 15 minutes

## **Day-6**

Warming up :(15 minutes) push ups 5 repetition and 3 sets. burpee 3 repetition and 2 sets

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Squat 10 repetition of 3 sets
- Single leg squat 8 repetitions for each leg
- Heel raise 20 repetition for 3 sets

Warming down exercises for 15 minutes

## **Day-7**

Warming up:-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Sit ups 10 repetition of 3 sets
- prone shoulder raise 10 repetition of 3 sets
- plank 30 seconds of 3 sets

Warming down exercises for 15 minutes

## **Day-8**

Warming up:-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Shuttle run
- zig zag run
- Ball passing relay game

Warming down exercises for 15 minutes

## **Day -9**

Warming up:-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Sit ups 15 repetition of 3 sets
- Push ups 10 repetition of 3 sets

- Pull ups 6 repetition of 3 sets

Warming down exercises for 15 minutes

### **Day-10**

Warming up:-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Squat 10 repetition of 2 sets
- Single leg squat 5 repetitions for each leg
- Heel raise 10 repetition for 3 sets

Warming down exercises for 15 minutes

### **Day -11**

Warming up 15 minutes (push ups 5 repetition and 3 sets. burpee 3 repetition and 2 sets)

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Sit ups 10 repetition of 4 sets
- Push ups 5 repetition of 4 sets
- Pull ups 4 repetition of 4 sets

Warming down exercises for 15 minutes

### **Day-12**

Warming up:-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Squat 10 repetition of 3 sets
- Single leg squat 5 repetitions for each leg
- Heel raise 10 repetition for 4 sets

Warming down exercises for 15 minutes

### **Day-13**

Minor game for warming up (15 minutes)

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Sit ups 10 repetition of 4 sets
- prone shoulder raise 10 repetition of 4 sets
- plank 30 seconds of 4 sets

Warming down exercises for 15 minutes

### **Day-14**

Jogging (15 MINUTES) for warming up

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Prisoner squat 10 repetitions of 4 sets
- Side squat 5 repetitions of each leg
- Jumping jacks for 10 minutes continuously

Warming down exercises for 15 minutes

### **Day-15**

Minor game for warming up (15 minutes)

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Russian twists 30 second 4 sets
- Leg raise 25 repetition 3 sets
- Crunch 10 repetition 4 sets

Warming down exercises for 15 minutes

### **Day-16**

Warming up :(15 minutes) push ups 5 repetition and 3 sets. burpee 3 repetition and 2 sets

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Squat 10 repetition of 4 sets
- Single leg squat 8 repetitions for each leg
- Heel raise 20 repetition for 3 sets

Warming down exercises for 15 minutes

### **Day-17**

Warming up :-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- sit ups 10 repetition of 4 sets
- prone shoulder raise 10 repetition of 4 sets
- plank 30 seconds of 3 sets

Warming down exercises for 15 minutes

### **Day-18**

Warming up :-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Shuttle run
- zig zag run
- ball passing relay game

Warming down exercises for 15 minutes

### **Day -19**

Warming up:-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Sit ups 15 repetition of 4 sets
- Push ups 10 repetition of 4 sets
- Pull ups 6 repetition of 4 sets

Warming down exercises for 15 minutes

### **Day-20**

Warming up:-jogging for 15 minutes and light stretching

(20 minute for each exercise and 30 second to 1 minute rest between each set)

- Squat 10 repetition of 4 sets
- Single leg squat 5 repetitions for each leg
- Heel raise 10 repetition for 4 sets

Warming down exercises for 15 minutes