

Base Prescription Day 1:

Day 2:

Exercise

Day 3:

Kalaripayattu



Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest	10							
2	0.0	8						



20 sec rest before next exercise

Some exercise



Int	Time (min)	Distance (mi)	Heart Rate	Spd (mi/h)	Time (min)	Distance (mi)	Heart Rate	Spd (mi/h)	Time (min)	Distance (mi)	Heart Rate	Spd (mi/h)	Time (min)	Distance (mi)	Heart Rate	Spd (mi/h)
1	30		150													
2	30		150													



20 sec rest before next exercise

Martial arts



Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest	10							
2	0.0	8						



20 sec rest before next exercise

Row



Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest	10							
2	0.0	8						



20 sec rest before next exercise

Chin-Up



Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest	10							
2	0.0	8						



20 sec rest before next exercise

Last exercise



Set	Wgt (lbs)	Repetitions						
1	0.0	8						
Rest	10							
2	0.0	8						