(Stage 1)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
		10 mins jogging	5 Press up x 2 sets	10 mins jogging	5 Press up x 2 sets	10 mins jogging	
			5 Squat Thrust x 2 sets		5 Squat Thrust x 2 sets		
			5 Sit up x 2 sets		5 Sit up x 2 sets		
			(No time restriction)		(No time restriction)		
Week 2	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	7 Press up x 2 sets	15 mins jogging		15 mins jogging	7 Press up x 2 sets	15 mins jogging	
	7 Squat Thrust x 2 sets				7 Squat Thrust x 2 sets		
	7 Sit up x 2 sets				7 Sit up x 2 sets		
	(No time restriction)				(No time restriction)		
Week 3	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	6 Press up x 3 sets	20 mins jogging		20 mins jogging	6 Press up x 3 sets		20 mins jogging
	6 Squat Thrust x 3 sets	3 Chin up x 2 sets		3 Chin up x 2 sets	6 Squat Thrust x 3 sets		3 Chin up x 2 sets
	6 Sit up x 3 sets				6 Sit up x 3 sets		
	6 Star jump x 2 sets				6 Star jump x 2 sets		
	(No time restriction)				(No time restriction)		
Week 4	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	8 Press up x 3 sets	20 mins jogging		20 mins jogging	8 Press up x 3 sets		20 mins jogging
	8 Squat Thrust x 3 sets	3 Chin up x 2 sets		3 Chin up x 2 sets	8 Squat Thrust x 3 sets		3 Chin up x 2 sets
	8 Sit up x 3 sets				8 Sit up x 3 sets		

	8 Star jump x 2 sets	•			8 Star jump x 2 sets		
	(No time restriction)				(No time restriction)		
(Stage 2)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	400m run (2 mins 45 sec) x		6 Press up x 4 sets	25 mins jogging		400m run (2 mins 45 sec) x	6 Press up x 4 sets
	3 sets		6 Squat Thrust x 4 sets	3 Chin up x 3 sets		3 sets	6 Squat Thrust x 4 sets
	(5 mins rest in between		6 Sit up x 4 sets			(5 mins rest in between	6 Sit up x 4 sets
	each run)		6 Star jump x 3 sets			each run)	6 Star jump x 3 sets
	3 Chin up x 3 sets		(No time restriction)			3 Chin up x 3 sets	(No time restriction)
Week 6	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	30 mins jogging	400m run (2 mins 30 sec) x	7 Press up x 4 sets		7 Press up x 4 sets		400m run (2 mins 30 sec) x
	3 Chin up x 3 sets	3 sets	7 Squat Thrust x 4 sets		7 Squat Thrust x 4 sets		3 sets
		(5 mins rest in between	7 Sit up x 4 sets		7 Sit up x 4 sets		(5 mins rest in between
		each run)	7 Star jump x 4 sets		7 Star jump x 4 sets		each run)
		3 Chin up x 3 sets	(No time restriction)		(No time restriction)		3 Chin up x 3 sets
Week 7	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	12 Press up x 3 sets	400m run (2 mins 20 sec) x		400m run (2 mins 20 sec) x	12 Press up x 3 sets		400m run (2 mins 20 sec) x
	12 Squat Thrust x 3 sets	3 sets		3 sets	12 Squat Thrust x 3 sets		3 sets
	12 Sit up x 3 sets	(5 mins rest in between		(5 mins rest in between	12 Sit up x 3 sets		(5 mins rest in between
	12 Star jump x 3 sets	each run)		each run)	12 Star jump x 3 sets		each run)
	(within 45 mins)	3 Chin up x 4 sets		3 Chin up x 4 sets	(within 45 mins)		3 Chin up x 4 sets
Week 8	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	12 Press up x 4 sets	400m run (2 mins) x 3 sets		400m run (2 mins) x 3 sets		400m run (2 mins) x 3 sets	12 Press up x 4 sets

	12 Squat Thrust x 4 sets	(4 mins rest in between		(4 mins rest in between		(4 mins rest in between	12 Squat Thrust x 4 sets
	12 Sit up x 4 sets	each run)		each run)		each run)	12 Sit up x 4 sets
	12 Star jump x 4 sets	4 Chin up x 4 sets		4 Chin up x 4 sets		4 Chin up x 4 sets	12 Star jump x 4 sets
	(within 45 mins)						(within 45 mins)
(Stage 3)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	400m run (2 mins) x 4 sets	400m run (2 mins) x 4 sets	15 Press up x 4 sets			400m run (2 mins) x 4 sets	15 Press up x 4 sets
	(4 mins rest in between	(4 mins rest in between	15 Squat Thrust x 4 sets			(4 mins rest in between	15 Squat Thrust x 4 sets
	each run)	each run)	15 Sit up x 4 sets			each run)	15 Sit up x 4 sets
	5 Chin up x 4 sets	5 Chin up x 4 sets	15 Star jump x 4 sets			5 Chin up x 4 sets	15 Star jump x 4 sets
			(within 45 mins)				(within 45 mins)
W 1 10	01. 5	G I E	G I D	01. 5	G 11. F	G 11. To	G 1 E
Week 10	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
	400m run (1 mins 45 sec) x		20 Press up x 3 sets	400m run (1 mins 45 sec) x		400m run (1 mins 45 sec) x	20 Press up x 3 sets
	4 sets		20 Squat Thrust x 3 sets	4 sets		4 sets	20 Squat Thrust x 3 sets
	(4 mins rest in between		20 Sit up x 3 sets	(4 mins rest in between		(4 mins rest in between	20 Sit up x 3 sets
	each run)		20 Star jump x 3 sets	each run)		each run)	20 Star jump x 3 sets
	6 Chin up x 4 sets		(within 35 mins)	6 Chin up x 4 sets		6 Chin up x 4 sets	(within 35 mins)

(Stage 4)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 11	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
		400m run (1 mins 30 sec) x	25 Press up x 3 sets	800m run (3 mins 35) sec x	25 Press up x 3 sets	800m run (3 mins 35) sec x	
		3 sets	25 Squat Thrust x 3 sets	2 sets	25 Squat Thrust x 3 sets	2 sets	
		(3 mins rest in between	25 Sit up x 3 sets	(10 mins rest in between	25 Sit up x 3 sets	(10 mins rest in between	
		each run)	25 Star jump x 3 sets	each run)	25 Star jump x 3 sets	each run)	
		7 Chin up x 4 sets	(within 35 mins)	7 Chin up x 4 sets	(within 35 mins)	7 Chin up x 4 sets	
Week 12	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises	Stretching Exercises
		Self test:	30 Press up x 3 sets	30 mins jogging	Self test:		
		5 Chin up,	30 Squat Thrust x 3 sets	8 Chin up x 4 sets	5 Chin up,		
		14 Squat Thrust (within	30 Sit up x 3 sets		14 Squat Thrust (within		
		30sec)	30 Star jump x 3 sets		30sec)		
		17 Sit up (within 30sec)	(No time restriction)		17 Sit up (within 30sec)		
		800m run within			800m run within		
		3 mins 25 sec			3 mins 25 sec		
		(3 mins rest in between)			(3 mins rest in between)		
Important notes:	- The programme is designed for the candidate who has no physical training background.						

- Warm up and cool down are to be performed at the beginning and the end of each training section.
- Candidates are to be mindful of their physical conditions during each training section.
- Candidates should seek medical advice if there is any health related problem surfaced.
- Frequent drinking water is recommended.