

## APPENDIX-I

### SWISSBALL TRAINING PROGRAMME

Week	Swiss ball Exercises	Training Intensity	Sets	Repetition	Rest between	
					Exe.	Set
<b>I &amp; II</b>	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	Low	3	10	2	5
					2	5
					2	5
<b>III &amp; IV</b>	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	Low	3	12	2	5
					2	5
					2	5
					2	5
<b>V &amp; VI</b>	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	Medium	3	8	2	5
					2	5
					2	5
					2	5
					2	5
<b>VII &amp; VIII</b>	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	Medium	3	10	2	5
					2	5
					2	5
					2	5
					2	5
<b>IX &amp; X</b>	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	High	3	6	2	5
					2	5
					2	5
					2	5
					2	5
					2	5
<b>XI &amp; XII</b>	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	High	3	8	2	5
					2	5
					2	5
					2	5
					2	5

## APPENDIX – II

### FLEXIBILITY TRAINING PROGRAMME

Week	Day	Exercise	Holding time (Seconds)	No. of Sets	No. of Rep	Rest between	
						Set	Exe.
I & II	Mon	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	20 sec.	3	10	5	2
	Wed						
	Fri						
III & IV	Mon	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	20 sec.	3	12	5	2
	Wed						
	Fri						
V & VI	Mon	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	30 sec.	3	8	5	2
	Wed						
	Fri						
VII & VIII	Mon	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	30 sec.	3	10	5	2
	Wed						
	Fri						
IX & X	Mon	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	40 sec.	3	6	5	2
	Wed						
	Fri						
XI & XII	Mon	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	40 sec.	3	8	5	2
	Wed						
	Fri						

## APPENDIX – III

### COMBINED TRAINING PROGRAMME

	Week	Exercises	Day	Intensity	Set X Rep.	Rest Between	
						Rep.	Set
Swissball Training	I & II	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	Mon	Low	3 x 12	2	5
			Wed		3 x 12		
			Fri		3 x 12		
	III & IV	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	Mon	Medium	3 x 10	2	5
			Wed		3 x 10		
			Fri		3 x 10		
	V & VI	Supine pelvic raises, Prone fly, Supine side rolls, Incline push-ups, Swiss ball back extension, Wall squats, Prone ball rolls and Swiss ball dips	Mon	High	3 x 8	2	5
			Wed		3 x 8		
			Fri		3 x 8		
Flexibility Training	VII & VIII	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	Mon	20 sec.	3 x 12	2	5
			Wed		3 x 12		
			Fri		3 x 12		
	IX & X	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	Mon	30 sec.	3 x 10	2	5
			Wed		3 x 10		
			Fri		3 x 10		
	XI & XII	Shoulder and Triceps Stretch, Side bends, Hip and Thigh Stretch, Hamstring Stretch, Groin Stretch, Iliotibial Band Stretch, Calf Stretch and Front of Trunk Stretch	Mon	40 sec.	3 x 8	2	5
			Wed		3 x 8		
			Fri		3 x 8		