

PEP yourself up

A PEP (Personal Exercise Plan) is a simple programme of exercise designed to help a person keep fit and develop attributes needed for a particular sport or physical activity. Here is a sample PEP for a tennis player.

Day 1	shuttle sprints	high knee run	sit ups	rotations
	5 mins	10 mins	20	20
Day 2	jogging	assorted stretches	weight training	rest
	10 mins	10 mins	15 mins	
Day 3	shuttle sprints	press ups	star jumps	stretches
	5 mins	20	20	10
Day 4	skipping	high knee run	sit ups	weights
	5 mins	10 mins	20	10
Day 5	jogging	assorted stretches	rest	rest
	20 mins	15 mins		

Design a PEP for a sport or physical activity that you enjoy. Select from the sports and the exercises below or choose your own. You may need to do some research to find out which exercises develop which sport.

Sports			
football	cycling	fencing	squash
rugby	basketball	gymnastics	hockey
tennis	swimming	skating	surfing
cricket	skiing	martial arts	bowling
golf	badminton	netball	archery
athletics	snowboarding	rowing	dancing
boxing	table tennis	sailing	climbing
riding	diving	volleyball	kayaking

Exercises			
press ups	squats	jogging	weight training
sit ups	planks	single leg deadlift	rotations
chin ups	lunges	calf raises	high knee run
walkout	step ups	bridges	stretches
chair dips	sprints	superman	front plank
glute bridge	thigh lifts	shuttle sprints	throws
dips	plank tap	skipping	bicep curl
deadlift	squat jump	star jumps	ladder drills

My Personal Exercise Plan

Day	Activity	Time or reps	Activity	Time or reps	Activity	Time or reps	Activity	Time or reps
1								
2								
3								
4								
5								