

GA-052 FIRST SEMESTER PT SCHEDULE 2023

| DATE | | CONCENTRATION | | EXERCISE |
|-------------|--|----------------------|--|--|
| AUG 19TH | | Core, Arms, Legs | | Competitive Relays |
| AUG 26TH | | PFT | | Pushups, Situps, 1 mile run |
| SEPT 2ND | | Core, Legs | | Competitive Stations |
| SEPT 9TH | | Arms | | Pushups, barbells, burpees, planks |
| SEPT 16TH | | Core | | Situps, leg raises, Russian twists, bicycles |
| SEPT 23RD | | Team Building | | Flag Football |
| OCT 7TH | | PFT | | Pushups, Situps, 1 mile run |
| OCT 14TH | | Arms | | Weighted ball, battle rope, pushups |
| OCT 21ST | | Core | | Situps, leg raises, Russian twists, bicycles |
| OCT 28TH | | Team Building | | Wiffle Ball |
| NOV 4TH | | Cardio | | Relay Races |
| NOV 11TH | | Arms | | Pushups, barbells, burpees, planks |
| NOV 18TH | | PFT | | Pushups, Situps, 1 mile run |