

KHAIMAT AL RIYADAT

AL JAMEA TUS SAIFIYAH, SURAT

Talebaat Weekly Fitness Training Report

Session Time -	7 am to 7:45 am	Dates -	From 27th May to 30th May 2024
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Sessions Overview -

Over an intense four-day period, Talebaat embarked on a transformative fitness journey, beginning each day sharply at 7:00 AM. Their regimen was meticulously crafted to engage every muscle group, encompassing rigorous upper body workouts and challenging lower body routines, igniting their passion for fitness.

With enthusiasm, they tackled core strengthening exercises, diversifying their activities with swimming, sports, circuit race training, fitness tests, and cycling. By 7:35 AM, after a revitalizing cooldown, they felt energized and ready to seize the day.

By 7:45 AM, Talebaat arrived at Rabwat Jiblah with high spirits and unwavering determination. Skillfully balancing fitness and responsibilities, they emerged more resilient and prepared to conquer any challenges that lay ahead.

Sports Allocation per Class -

Monthly Schedule		Talebaat Fitness Training / Monthly Planner														
6-May-2024	28 Shawwal al Mukarram	1 A F	1 B F	2 A F	2 B F	3 A F	3 B F	3 C F	4 A F	4 B F	5 A F	5 B F	6 A F	6 B F	7 A F	7 B F
27-May	MONDAY	Game Day	Fitness Exercise	Fitness Exercise	Fitness Exercise	Circuit Training	Fitness Exercise	Fitness Exercise	Fitness Exercise	Cycling	Fitness Exercise	Fitness Exercise	Fitness Exercise	Swimming	Fitness Exercise	Fitness Test
28-May	TUESDAY	Fitness Exercise	Game Day	Fitness Exercise	Fitness Exercise	Fitness Exercise	Circuit Training	Fitness Exercise	Fitness Exercise	Fitness Exercise	Cycling	Fitness Exercise	Fitness Exercise	Fitness Exercise	Swimming	Fitness Exercise
29-May	WEDNESDAY	Fitness Exercise	Fitness Test	Game Day	Fitness Exercise	Fitness Exercise	Fitness Exercise	Circuit Training	Fitness Exercise	Fitness Exercise	Fitness Exercise	Cycling	Fitness Exercise	Fitness Exercise	Fitness Exercise	Swimming
30-May	THURSDAY	Fitness Test	Fitness Exercise	Fitness Exercise	Game Day	Fitness Exercise	Fitness Exercise	Fitness Exercise	Circuit Training	Fitness Exercise	Fitness Exercise	Fitness Exercise	Cycling	Fitness Exercise	Fitness Exercise	Fitness Exercise

Attendance Overview -

Days	Monday	Tuesday	Wednesday	Thursday
Present	215	217	229	241
Absent	35	52	26	15
Leave	24	5	19	18
Total	274	274	274	274

Session Overview - Swimming

Days	Class	Can Swim	Cannot Swim	Total Students
Monday	Darajah 4 B F	4	12	17
Tuesday	Darajah 6 B F	9	7	19
Wednesday	Darajah 7 A F	5	1	21
Thursday	Darajah 7 B F	1	0	22

Session Overview - Circuit Race Training

Days	Class	Fastest to Complete	Time Taken (In Minutes)
Monday	Darajah 3 A F	Sakina bai Chechatwala	5
Tuesday	Darajah 3 B F	Zainab bai Raj	5
Wednesday	Darajah 3 C F	Rashida bai Rokadiya	5
Thursday	Darajah 4 A F	Naqiyah bai Khumusi	5

Session Overview - Game day

Days	Class	Sports
Monday	Darajah 1 B F	Throwball and Dodgeball
Tuesday	Darajah 1 B F	Throwball and Dodgeball
Wednesday	Darajah 2 A F	Throwball and Dodgeball
Thursday	Darajah 2 B F	Throwball and Dodgeball

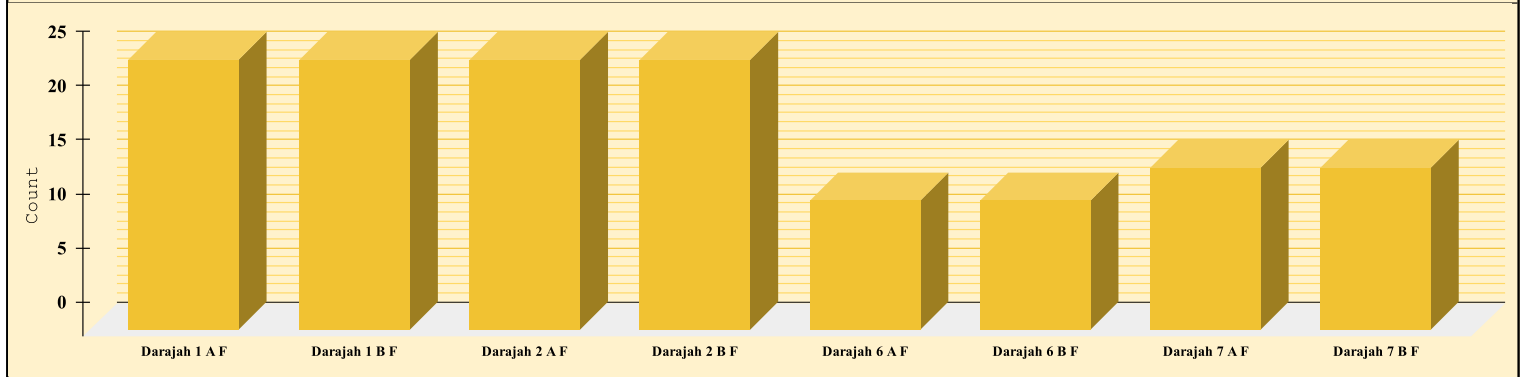
Exercises Overview - Upper Body Exercises

Class	Exercise Name	Duration	Class Average (per Set)	Goal Set	Goal Reached
Darajah 1 A F	Pushups	3 Sets	25 Reps	15 Reps per Set	10 >
Darajah 1 B F	Pushups	3 Sets	25 Reps	15 Reps per Set	10 >
Darajah 2 A F	Pushups	3 Sets	25 Reps	15 Reps per Set	10 >

Darajah 2 B F	Pushups	3 Sets	25 Reps	15 Reps per Set	10>
Darajah 6 A F	Pushups	3 Sets	12 Reps	25 Reps per Set	13<
Darajah 6 B F	Pushups	3 Sets	12 Reps	25 Reps per Set	13<
Darajah 7 A F	Pushups	3 Sets	15 Reps	25 Reps per Set	10<
Darajah 7 B F	Pushups	3 Sets	15 Reps	25 Reps per Set	10<

The progress of Talebaat in performing pushups has been remarkable. Their dedication and consistent effort have led to significant improvements in strength and endurance. Initially struggling with basic form, many can now perform multiple sets with excellent technique. This progress not only showcases their physical growth but also their determination and perseverance, setting a powerful example of what can be achieved with commitment and hard work.

Performance Overview:

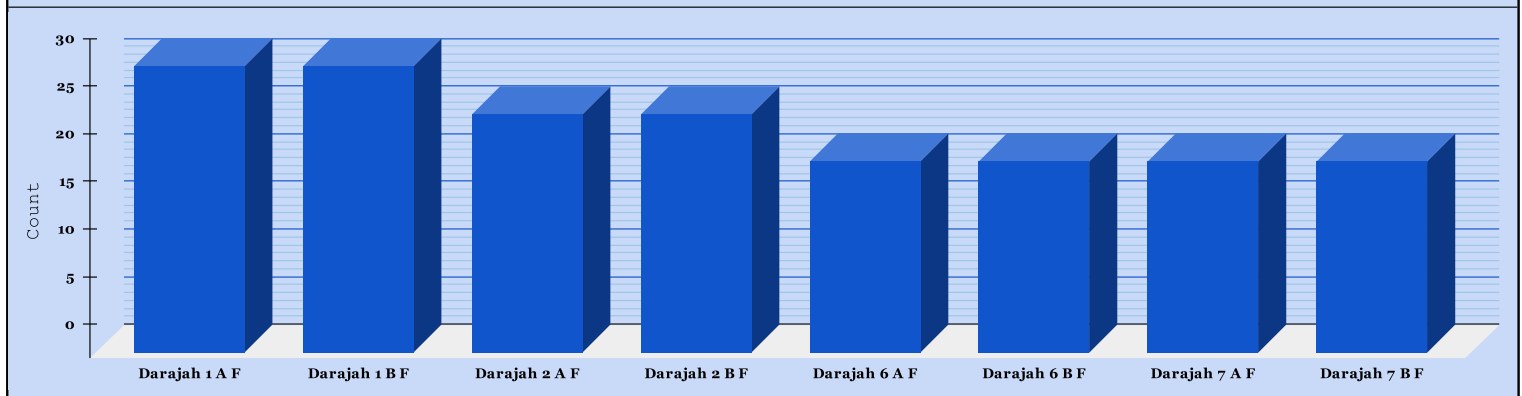


Exercises Overview - Lower Body Exercises

Class	Exercise Name	Duration	Class Average (per Set)	Goal Set	Goal Reached
Darajah 1 A F	Squats	3 Sets	30 Reps	15 Reps per Set	15>
Darajah 1 B F	Squats	4 Sets	30 Reps	15 Reps per Set	15>
Darajah 2 A F	Squats	5 Sets	25 Reps	15 Reps per Set	10>
Darajah 2 B F	Squats	6 Sets	25 Reps	15 Reps per Set	10>
Darajah 6 A F	Squats	14 Sets	20 Reps	25 Reps per Set	5<
Darajah 6 B F	Squats	15 Sets	20 Reps	25 Reps per Set	5<
Darajah 7 A F	Squats	16 Sets	20 Reps	25 Reps per Set	5<
Darajah 7 B F	Squats	17 Sets	20 Reps	25 Reps per Set	5<

The progress of Talebaat in performing squats has been truly impressive. Through dedication and persistent effort, they have significantly improved their strength and technique. Initially finding it challenging to maintain proper form, many can now perform multiple sets with excellent posture and control. This advancement highlights their physical development and determination, demonstrating the remarkable results of their commitment and hard work.

Performance Overview:



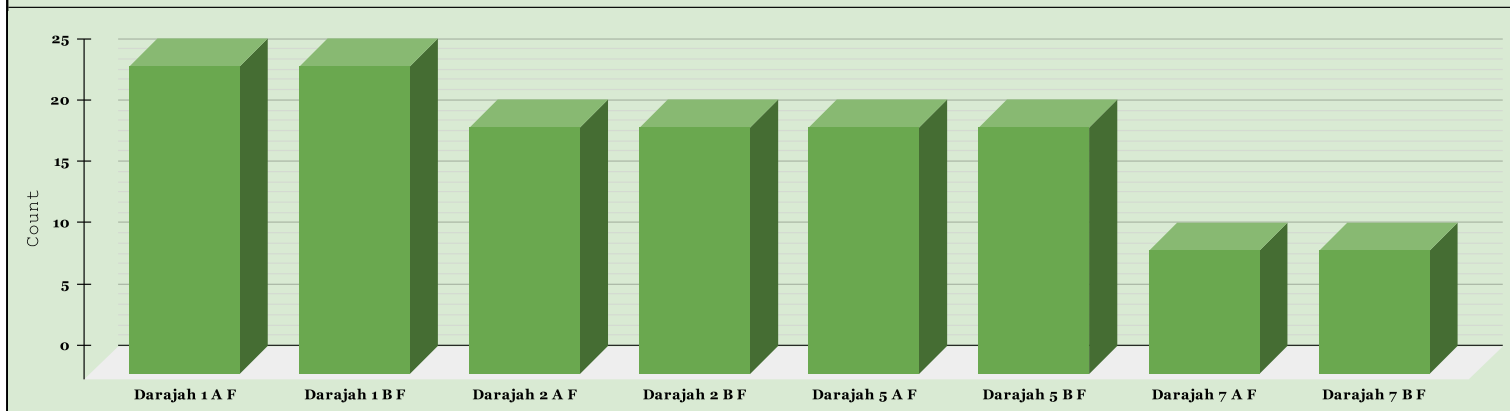
Exercises Overview - Core Exercises

Class	Exercise Name	Duration	Class Average (per Set)	Goal Set	Goal Reached
Darajah 1 A F	Crunches	3 Sets	25 Reps	15 Reps per Set	10>
Darajah 1 B F	Crunches	3 Sets	25 Reps	15 Reps per Set	10>
Darajah 2 A F	Crunches	3 Sets	20 Reps	15 Reps per Set	5>
Darajah 2 B F	Crunches	3 Sets	20 Reps	15 Reps per Set	5>
Darajah 5 A F	Crunches	3 Sets	20 Reps	25 Reps per Set	5<
Darajah 5 B F	Crunches	3 Sets	20 Reps	25 Reps per Set	5<

Darajah 7 A F	Crunches	3 Sets	10 Reps	25 Reps per Set	15<
Darajah 7 B F	Crunches	3 Sets	10 Reps	25 Reps per Set	15<

The progress of Talebaat in performing crunches has been outstanding. With dedication and consistent effort, they have significantly enhanced their core strength and technique. Initially struggling with proper form, many can now perform multiple sets with precision and control. This improvement not only highlights their physical development but also their determination and perseverance, showcasing the impressive results of their commitment and hard work.

Performance Overview:



Feedbacks:

Class 2 - "We had a fun time experiencing the circuit race and training for Sports Day. The trainer was very cooperative and coordinated everything well."

Class 3 - "The circuit race was exhausting but incredibly rewarding for muscle building. It was an amazing and astonishing experience. Skipping was the best part! The trainer was fantastic, even better than the training itself. Overall, it was a superb and cool experience."

Coach Payal - "During their morning fitness training session at Khaimat al Riyadat, the students of Std 6 impressively completed 18 rounds of cycling."