•	Exploring the diffe			-	•	-	lentifying weigh	t distribution a	cross supports	; install uppe	erlimb and
lower limb o	coordination, cont	rolling breathin	ng patterns in	n aerobic and	T			T	Г		T .
					Duration	Interval	Speed	Intensity	Repetition	Series	Volume
Warm up											
	Trampoline				5 minutes	1 min					
	jumping										
Endurance t	raining					1min					
	Walk figure of				5 minutes	1 min	Walk	50–60%			10
	eight (use							HR Max			minutes
	cone) 10										
	meter										
	Jump up down				5 minutes						
	straight line										
	Coordination	Upper Limb	Lower	Balance							
		Strength	Limb								
			Strength								
1 st circuit	Lift gymball up	Crook	Stand up	Tree	20 minutes	1 min	Maximum	Modified	10		
	and down	ly,Lateral	and sit	exercise			eccentric	Borg scale	repetition		
		raise,down	down				and	(01-10)			
		dumbell					concentric				
2 nd circuit	Bear crawls	Medicine	Partial	Catch ball	20 minutes	1 min			10		
		ball slams	wall	on					Repetition		
		both hand	squats	balance							
			with an	beam							
			exercise								
			ball								
3 rd circuit	Crook ly, same	Arm circle	2 leg	tandem	20 minutes	1 min			10		
	side hand		hopping	walking					Repetition		
	touch knee		(bunny								
			hopping)								
Cool down											

Head flexion extension, Shoulder retraction, trunk Lateral stretch , trunk flexion					
Breathing					

Week 5-8 (2nd month) Develop Strength, Balance / Coordination, Flexibility

Objectives—Emphasize unilateral strength work and symmetry between sides; strengthen the muscles of the upper and lower limbs; improve breathing control in moderate-intensity exercises.

iii iiioderate	e-intensity exercis		T	T	T		1		1		
					Duration	Interval	Speed	Intensity	Repetition	Series	Volume
Warm up	-1	1	•	1							
	Trampoline jumping				5 minutes						
Endurance	,, ,	1	1	1							
	Running (Bean bag Scramble)				5 minutes		Run	60-70% HR Max			
	Sit up				5 minutes						
	Star jump				5 minutes						
	Coordination	Upper Limb Strength	Lower Limb Strength	Balance							
1 st circuit	Catch beanbag from orhers	Medicine ball slams	Jumping on "x" marker hopping and single leg	Walk on balance beam	20 minutes				15 repetition		
2 nd circuit	jump alternately	Biceps curl using dumbbell	Frog jump. Full Squatting	Kick ball into target	20 minutes				15 repetition		
3 rd circuit	Throwing beanbag to target at floor	Sh extension using theraband	Supine ly knee extension	Crab soccer	20 minutes				15 repetition		

		using gymball				
Cool down						
	Breathing					
	Quads stretch Toe touch					
	Toe touch					

Week 9-12 (3rd month) Build Strength, Endurance, Balance / Coordination, Flexibility

Objectives—Progressively increase range of motion; increase cardiorespiratory capacity and muscular endurance; monitor and adjust breathing patterns in high intensity exercise

					Duration	Interval	Speed	Intensity	Repetition	Series	Volume
Warm up											
	Trampoline jumping				5 min						
Endurance training											
	Running + hurdle jumping							70–80% HR Max			
	Coordination	Upper Limb Strength	Lower Limb Strength	Balance							
1 st circuit	Crawling in tunnel	Dribbling a ball	Bridging	Pick up object and along the way	15 min				10 repetition		
2 nd circuit	Throw and Catch ball from other individuals	Throw medicine ball 1kg to a target	Jumping on 4 direction	Standing on one leg while the other is in front (a), lateral (b), and behind	15 min				10 repetition		

3 rd circuit	Baloon in the air-don't drop		Pair soccer games	Jumping side both	15 min		10 repetition	
	it	another pull towel		wide leg and small				
Cool down					10			
	Breathing (Cat camel						
	blow ball	Cobra						
	suspension)	stretch						
		Knee hug						