

## Sample Witness Fitness Training Sessions

### Sample 1 (easy level):

| Time    | Activity   |
|---------|--|
| 3 mins  | Enter zoom meeting   |
| 5 mins  | Stretching and briefing  |
| 20 mins | Moderate intensity workout<br>3 sets of following: <ul style="list-style-type: none"><li>● 45 secs plank</li><li>● 30 side-planks (each side)</li><li>● 10 bicycles</li><li>● 10 leg lifts on each side</li><li>● 10 double leg lifts</li><li>● Bridge lifts for 45 secs</li></ul> |
| 5 mins  | Stretching and debriefing  |
| 3 mins  | Follow-up questions and leave meeting  |

### Sample 2 (moderate level):

| Time    | Activity  |
|---------|---|
| 3 mins  | Enter zoom meeting  |
| 5 mins  | Stretching and briefing   |
| 20 mins | Moderate to high intensity workout<br>2 sets of following: <ul style="list-style-type: none"><li>● 15 sit-ups</li><li>● 5-10 push-ups</li><li>● 45 secs planks</li><li>● 15 high-knee jumps</li><li>● 20 squats</li><li>● 30 stand-up jogs</li><li>● Bridge lifts for 1 min</li></ul> |
| 5 mins  | Stretching and debriefing   |
| 3 mins  | Follow-up questions and leave meeting   |