

**SECRETS**

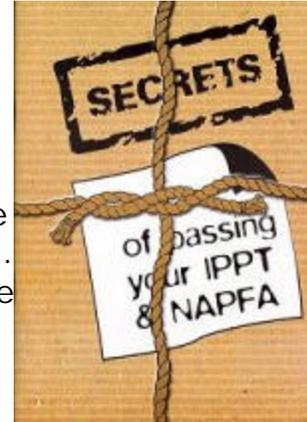
of passing  
your IPPT  
& NAPFA

# Secrets of Passing Your IPPT and NAPFA

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## Introduction

These pages hold part of the formula to passing **IPPT** and **NAPFA**. Sweat and grit (yours) will make the recipe complete. There's no magic solution... .. sorry. But there's hope yet, for those of you who are finding it tough, but are determined, willing, or sheer desperate!



The workouts are targetted at those of you who fall short of passing. But if the Gods have smiled favourably on you, and passing is not your worry, then reset the workouts and ace that test!

# Secrets of Passing Your IPPT and NAPFA

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## MUSCLES

and where they can be found

Front View



## Back View



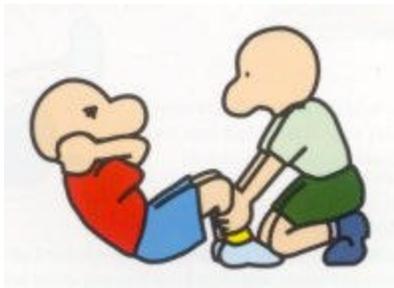
# Secrets of Passing Your IPPT and NAPFA

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## One-Minute Sit-ups

**What it measures:** It tests the strength and endurance of your abdominal muscles and hip flexors.

**How it's done:** To begin, lie flat on your back, knees bent, feet on the ground. With fingers behind your ears, sit up till your elbows meet your knee. Some employ a hip bounce method, creating momentum to rock their way to sit-up stardom. Unfortunately, the method, besides being potentially hazardous to your tailbone, doesn't earn you any points. During the sit-ups, your feet are jammed under your partner, whose main goal appears to be squashing your toes.



**Body parts you need to shape up:** Your toes. So they can be strong and unsquashable. Your abdominal muscles and hip flexors will do all the hard work. Abdominals aka abs, are the ones which work so hard to keep your gut in, and hip flexors help pull your knees up. Also, substantial glutes come in handy as padding for your tailbone.

# Secrets of Passing Your IPPT and NAPFA

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## One-Minute Sit-ups

**How to train:** You can do sit-ups only, but it may quickly become routine. Here are other ways to work your abs and add variety to your workouts.

1. **Crunches:** ...work the upper abs. Lie on your back with your legs raised, knees bent about 90 degrees. Your hands may be placed on your ears, along-side your body, or crossed on your chest. Curl your body up and forwards, towards your knees. When your shoulders are off the ground, roll back down. Don't sit up all the way.



2. **Reverse Crunches:** Instead of raising your upper trunk, you do the opposite, and curl your hips towards your shoulders. Lie on your back and keep your legs bent. Press your head, shoulders, and arms against the ground, and curl your buttocks up.



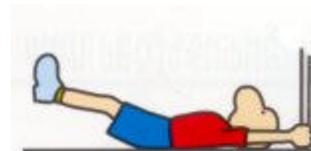
3. **U Crunches:** ...are a combination of the crunch and reverse crunch. Lie back with your legs tucked into your chest. Curl your shoulders and hips towards each other.



4. **Seated Knee Ups:** Sit at the end of a bench and grip the edges behind your buttocks. Lean back onto your hands and stick your legs out about level with the floor. Pull your knees into your chest without moving your torso, then stick them out again.



5. **Leg Lifts :** Stretch out on your back, raise your feet, and lower them again. Keep your legs together and slightly bent. Try not to rest them on the floor till you've completed the set. To take the strain off that lower back, hold onto an overboard support.



6. **Leg Lifts with Hip Raise:** Lift your legs till your feet are above your hips, then push your feet upwards by raising your hips off the ground. Lower your buttocks to the ground, followed by your legs. Don't rest your legs on the ground till the set is complete.



# Secrets of Passing Your IPPT and NAPFA

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## One-Minute Sit-ups

### TRAINING TIPS

- Backs, like knees, are damage-prone. So, if yours doesn't work so well, avoid movements which cause pain. For example, straight-legged leg lifts might strain your back if done incorrectly.
- After a hard workout, turn onto your front and stretch out those tired abdominal muscles.
- Your hands must never be linked behind your neck, or you might strain your neck in the quest for sit-up glory. Instead place your hands behind your ears. Try not to pull too hard on the ears, although I do believe that large misshapen ears aren't a life-threatening condition.
- So you have a bony back and these ab exercises hurt your back. What you need is some padding. Consider a rubber exercise mat, or do your workouts on a carpeted floor.

# Secrets of Passing Your IPPT and NAPFA

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## One-Minute Sit-ups

### PERSONAL TRAINER

Abs... you use 'em everyday when you get out of bed (of course, some prefer the roll and flop onto the ground method.) Think washboard tummy.. hard, taut, rigid... if you have it, definitely flaunt it.

Now with that in mind, let's get on with it, and ace that sit-up test.

### The 12 Week Programme

Here's your goal: to do three more sit-ups each week. So, even if you start out with zilch, in 12 weeks, you'll breeze through!

#### Weeks 1 to 4

If abs workouts are entirely new to you, don't worry. You'll quickly get used to the light burning sensation when you put your abs through their paces. But whoever said washboard abs were going cheap? Repeat each week's ab workout at least three times. If the number of repetitions (reps) is too easy or difficult, work according to your abilities.

Wk	Exercise	Load	Rest
1	Crunches Leg Lifts Seated Knee-ups  Sit-ups	10 reps x 1 set 10 reps x 1 set 10 reps x 1 set  Maximum reps x 1 set	1-2 min between sets
2	Crunches Reverse Crunches Seated Knee-ups  Sit-ups	12 reps x 1 set 12 reps x 1 set 12 reps x 1 set  Maximum reps x 1 set	
3	U-Crunches Leg Lifts Leg Lifts with Hip Raises  Sit-ups	15 reps x 1 set 15 reps x 1 set 15 reps x 1 set  Maximum reps x 1 set	

4	Crunches Seated Knee-ups Leg Lifts  Sit-ups	15 reps x 2 sets 15 reps x 1 set 15 reps x 1 set  Maximum reps x 1 set	
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## Weeks 5 to 8

The fun's just beginning...

The next workouts will combine two or more exercises in one set. That means you only rest after all the exercises in the set are completed. Ah... don't you just love new challenges?

Wk	Exercise	Load	Rest
5	Crunches Seated Knee-ups Leg Lifts  Sit-ups	} 10 reps } each exercise } x 1 set  Maximum reps x 1 set	What rest? Uh, ok, 1-2 min before the sit-ups
6	Reverse Crunches Leg Lifts with Hip Raises U-Crunches  Sit-ups	} 10 reps each x 1 set } 5 reps each, 2nd set }  Maximum reps x 1 set	2-4 min between sets
7	Crunches Reverse Crunches Leg Lifts  Sit-ups	} 10 reps } each exercise } x 2 sets  Maximum reps x 1 set	
8	Seated Knee-ups U-Crunches Crunches Leg Lifts  Sit-ups	} 10 reps } each exercise } x 2 sets }  Maximum reps x 1 set	

Note: For the last workout of each week, do the sit-ups before the other exercises. This will give you an accurate picture of your progress towards sit-up stardom!

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## Weeks 9 to 12

Your abs have to be pretty strong by now. So now we have to work them just that much harder.

Wk	Exercise	Load	Rest
9	Reverse Crunches Leg Lifts with Hip Raises Crunches  Sit-ups	} 15 reps } each exercise } x 2 sets  Maximum reps x 1 set	2-4 min between sets
10	Seated Knee-ups U-Crunches Leg Lifts Crunches  Sit-ups	} 15 reps } each exercise } x 2 sets }  Maximum reps x 1 set	
11	Crunches Reverse Crunches U-Crunches  Sit-ups	} 20 reps each x 1 set } 15 reps each, 2nd set }  Maximum reps x 1 set	
12	Crunches Seated Knee-ups Leg Lifts  Sit-ups	} 15 reps } each exercise } x 2 sets  Maximum reps x 1 set	

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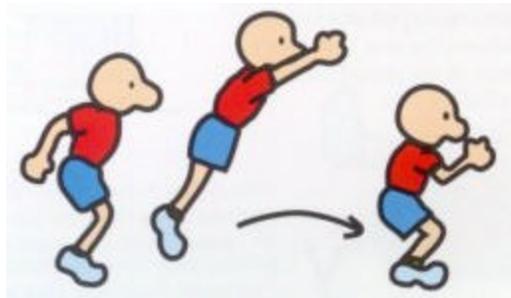
# Secrets of Passing Your IPPT and NAPFA

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## Standing Board Jump

**What it measures:** This tests the power in your lower body, the kind of power basketball greats display with their gravity-defying jumps... it's not the shoes they wear, as the ads would have you believe.

**How it's done:** From the take-off line, push off with both feet and jump as far as you can. Your slide-into-base technique, reminiscent of your baseball glory days, will not earn any points...sorry. You have to land firmly on both feet without falling back. Your jump will be measured from the take-off line to the nearer heel.



**Body parts you need to shape up:** We will focus on the hip and leg muscles. These are the muscles which help you get up from a seated position. We get them quick and strong. A fortunate spill-over effect from all that jumping you'll be doing is that your gluteus muscles (aka buns, glutes, buttocks) will be used a lot. So, if you falter in your training, think hard buns (No, not the gardenia variety).

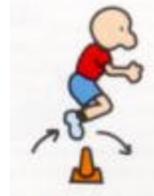
# Secrets of Passing Your IPPT and NAPFA

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## Standing Broad Jump

**How to train:** The object of all the jumps, hops and bounds you will be doing is to spend as little time on the ground as you can. Push off quick each time you land.

1. **Double Leg Hops:** String a number of standing broad jumps together. Swing your arms in unison with each jump, creating momentum and helping out with the balance.
2. **Hopping Over Low Objects:** The objects will get you to lift your feet as you jump. Use small cones or plastic drink bottles, things which will not trip you up. Place them in a row, the distance between them being entirely dependent upon your comfort and ability.
3. **Hopping Up Stairs:** The ideal steps can be found in sports stadiums ..... the very same ones you watch at The stadium. Bleaches present wider landing surfaces and leaving your face imprint on the steps is reduced.



4. **Stair Sprints :** Sprint quickly up the stadium steps. Because they are higher and wider than the regular HDB steps, you will be properly challenged. Besides, running repeatedly up and down the steps in your block might undermine your popularity with the neighbours.
5. **Tuck Jumps :** Jump up and tuck your knees into your chest. Do these in double-quick time.
6. **Ankle Hops:** Using only your ankles, hop in place. Extend your ankles strongly and quickly to gain height.
7. **Standing Broad Jump:** This is the reason you've been working your glutes off. Not the broad.....THE jump! During training, place a small shin-high barrier in front of you. progress by moving it further away with each successful jump. Remember to swing your arms to gain momentum. The barrier will provide you with a target, and prevent you from bending too far forward as you jump. If your body's bent too forward, it will be difficult to lift your feet clear of the barrier.



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**Strength training:** Besides jump training, you should include resistance exercises in your workouts. They will strengthen your muscles and prepare them to take on workouts of higher intensity. Getting into a gym will be great! Because of all that beautiful spandex which will be on display ..... and if you're real nice, their fillers might let you try them on ..... the spandex, that is. Of course, it'll be rather nice too, to have proper equipment (of the chrome and iron variety) to work on! Enjoy.....

8. **Step Ups :** You need a stable box or step which will create a 90 degree angle in your knee joint when you put your foot on it. With a bar on your shoulders, step up onto the box. Stand upright with both feet on top of the box before stepping down again. Alternate step-ups between your right and left foot. Keep your body erect throughout the movement.



9. **Squats :** ..... should only be performed under supervision of a trainer, and with the proper safety equipment. Stand with a weight placed across your shoulders, feet shoulder-width apart. Squat until your thighs are parallel to the floor, then straighten fully. To prevent damage to important body parts like your lower back and knees, begin with light weights and always keep your back flat.



10. **Seated Leg Presses :** ..... are a safer alternative to squats. This exercise is done on a leg press machine. Again, to protect your lower back. Press it against the back of the seat. With feet on the pedals, push the weight until your legs are extended, then return legs to a 90 degree bend.



11. **Leg Extension :** Sit on the machine and adjust it so that the back of your knees are supported, and your back is flat against the back rest. Lift your feet and extend your knees fully, keeping your glutes on the seat. Bend your knees and lower the weight under control.



12. **Leg Curl :** Lie face down on the bench and place your ankles under the heel roller pad. Flex your knees and pull your heels to your buttocks. Lower the weight under control until your knees are fully extended again.



# Secrets of Passing Your IPPT and NAPFA

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## Standing Broad Jump

### TRAINING TIPS

- Body parts which have sustained prior damage must be well looked after. Pay special attention to the knees, ankles and lower back. Get them assessed by qualified persons. The replacement parts are pretty expensive, and besides, they hardly ever work as well as the originals.
- Cushioning is essential in jump training. As much as possible, jump around on a firm but yielding surface (now, now..... squash those thoughts and let's get back on track). Rubber running tracks are great, and so is grass, but make sure that the field does not have hidden pot-holes.
- Drink before, during and after each workout..... water, that is. Isotonics are fine (Yes, but not too much). Besides, water's always good for your plumbing and it's really much easier on your pocket..... if you don't insist on the designer type.
- To keep the flame of motivation burning, get gear which you look good in and want to be seen in. They must, however, cover enough body parts so you won't get arrested!
- Shoes. If you wear nothing else, at least put on a good pair of shoes. Yep! Just do it! They will be the only protection between the ground and your feet.

# Secrets of Passing Your IPPT and NAPFA

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## Standing Board Jump

### PERSONAL TRAINER

Our journey towards stronger, more powerful, sleeker, mightier bottoms er... thighs begins. Do a 5-10 minute warm-up before each workout. A slow jog and some push-ups and sit-ups would be great.

For starters, we'll do low-key workouts, and as our bodies get stronger and harder (dreams do come through, you know), we'll do more! Strength workouts should be done on a separate day (see, another excuse to strut your minimalist gear!). Begin with light weights. This means using weights you can lift 12-15 times (repetitions). When the workouts indicate that you should do 10 reps, it means increasing the weight so that you can lift it 10 times but not 11.

### The 12 Week Programme

There's a different workout each week. Repeat each week's workout twice within the same week, and do a strength workout on a separate day. Each and every repetition is important. Think about how you jump. Even eager hard-glute seekers have to rest. So give your muscles a day to recover between workouts.

#### Weeks 1 to 4

Wk	Exercise	Load	Rest
1	Ankle Hop Tuck Jump Double Leg Hop Hopping over Low Objects	10 reps x 2 sets 10 reps x 1 set 10 reps x 2 sets 10 reps x 1 set	2 min between sets
	Strength Training:  Seated Leg Press Leg Extension Leg Curl	  12-15 reps x 2 sets 12-15 reps x 2 sets 12-15 reps x 2 sets	  2-3 min between sets
2	Stair Sprint Tuck Jump Ankle Hop Standing Broad Jump	10 reps x 2 sets 10 reps x 2 sets 10 reps x 2 sets 5 jumps. best effort	2 min between sets

	Strength Training:  Step-up Seated Leg Press Leg Extension Leg Curl	12-15 reps x 2 sets 12-15 reps x 2 sets 12-15 reps x 2 sets 12-15 reps x 2 sets	2-3 min between sets
3	Tuck Jump Double Leg Hop Hopping over Low Objects	10 reps x 3 sets 10 reps x 2 sets 10 reps x 2 sets	2 min between sets
	Strength Training:  Step-up Seated Leg Press Leg Extension Leg Curl	12-15 reps x 2 sets 10-12 reps x 2 sets 10-12 reps x 2 sets 10-12 reps x 2 sets	2-3 min between sets
4	Stair Sprint Tuck Jump Double Leg Hop Standing Broad Jump	10 reps x 2 sets 10 reps x 3 sets 10 reps x 3 sets 5 jumps, best effort	2 min between sets
	Strength Training:  Squat Seated Leg Press Step-up	12-15 reps x 1 set 10-12 reps x 3 sets 12-15 reps x 3 sets	2-3 min between sets

Note: If you are no light-weight, and have the last 4 weeks tough going, repeat weeks 1-4 again. You can progress to the next workouts when you're ready.

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## Weeks 5 to 8

Now hopping, jumping and bounding seem so natural... almost! Your gym visits are great fun... Ah, how spandex inspires! But seriously, may you lose unwanted centimetres and gain the vital, all-important ones (like the ones in your SBJ score...)

Wk	Exercise	Load	Rest
5	Ankle Hop Hopping over Low Objects Hopping up Stairs	10 reps x 3 sets 10 reps x 3 sets 10 reps x 2 sets	2 min between sets
	Strength Training:  Squat Seated Leg Press Leg Extension Leg Curl	  12-15 reps x 2 sets 10-12 reps x 2 sets 10-12 reps x 1 sets 10-12 reps x 1 sets	  2-3 min between sets
6	Tuck Jump Double Leg Hop Hopping up Stairs Standing Broad Jump	10 reps x 3 sets 5 reps x 4 sets 10 reps x 3 sets 5 jumps, best effort	2 min between sets
	Strength Training:  Squat Seated Leg Press Leg Extension Leg Curl	  12-15 reps x 2 sets 10-12 reps x 2 sets 10-12 reps x 2 sets 10-12 reps x 2 sets	  2-3 min between sets
7	Stair Sprint Ankle Hop Hopping over Low Objects Hopping up Stairs	10 reps x 2 sets 10 reps x 2 sets 5 reps x 5 sets 5 reps x 5 sets	2 min between sets
	Strength Training:  Squat Seated Leg Press Step-up	  12-15 reps x 3 sets 10-12 reps x 3 sets 12-15 reps x 3 sets	  2-3 min between sets
8	Tuck Jump Double Leg Hop Hopping over Low Objects Hopping up Stairs Standing Broad Jump	10 reps x 2 sets 5 reps x 5 sets 5 reps x 5 sets 5 reps x 5 sets 5 jumps, best effort	2 min between sets
	Strength Training:  Squat Seated Leg Press Leg Extension Leg Curl	  12-15 reps x 3 sets 10-12 reps x 3 sets 10-12 reps x 3 sets 10-12 reps x 2 sets	  2-3 min between sets

## Weeks 9 to 12

Buns of steel, thighs carved of granite, awards of glittering gold..... onward, we jump!

Wk	Exercise	Load	Rest
9	Tuck Jump Hopping up Stairs Hopping over Low Objects Double Leg Hop Standing Broad Jump	10 reps x 3 sets 5 reps x 5 sets 10 reps x 3 sets 5 reps x 5 sets 5 jumps, best effort	2 min between sets
	Strength Training:  Squat Seated Leg Press Leg Extension Leg Curl	  10-12 reps x 2 sets 8-10 reps x 2 sets 10-12 reps x 3 sets 10-12 reps x 3 sets	2-3 min between sets
10	Ankle Hop Tuck Jump Hopping up Stairs Double Leg Hop Hopping over Low Objects Standing Broad Jump	10 reps x 2 sets 10 reps x 2 sets 5 reps x 5 sets 5 reps x 5 sets 5 reps x 3 sets 5 jumps, best effort	2 min between sets
	Strength Training:  Squat Seated Leg Press Step-up	  10-12 reps x 3 sets 8-10 reps x 3 sets 12-15 reps x 2 sets	2-3 min between sets
11	Double Leg Hop Hopping over Low Objects Hopping up Stairs Standing Broad Jump	10 reps x 2 sets 10 reps x 2 sets 5 reps x 5 sets 10 jumps, best effort	2 min between sets
	Strength Training:  Squat Seated Leg Press Leg Extension Leg Curl	  10-12 reps x 3 sets 8-10 reps x 3 sets 8-10 reps x 2 sets 8-10 reps x 2 sets	2-3 min between sets
12	Double Leg Hop Hopping over Low Objects Hopping up Stairs Standing Broad Jump	5 reps x 4 sets 5 reps x 4 sets 5 reps x 4 sets 10 jumps, best effort	2 min between sets

Note: No strength training for week 12. Rest before the test.

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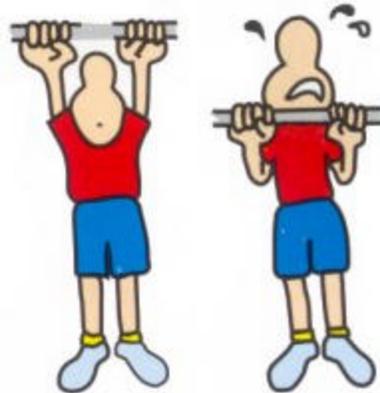
# Secrets of Passing Your IPPT and NAPFA

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## Pull Ups

**What it measures:** This is a test of strength and muscular endurance in your upper body.

**How it's done:** Hang by your hands from an overhead bar. As visions of medieval torture crowd your mind, decide on either an overhand or underhand grip! Pull yourself upwards till your chin reaches the bar. Some have been known to include a chin-thrust and neck stretch at this point. It isn't necessary to perform body curls, frog like leg kicks, or tarzan swings. You will not be awarded bonus points for them...really. You'll need to complete at least 5 more! Also... your feet have to be clear of the ground throughout the test.



Note: The NAPFA only accepts an overhand grasp.....sorry.

**Body parts you need to shape up:** Our primate cousins boast the consummate physique for this very specialised movement. We humans have been seriously disadvantaged by evolution. But our indomitable human spirit prevails... we shall train and overcome! Your upper arms, shoulders, and back will be doing most of the work, with some help from your abdominals. Also, the strength of your grip is all that will keep you from dropping off that bar. **Our quest begins...**

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# Secrets of Passing Your IPPT and NAPFA

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## Pull ups

**How to train:** Try to gain access to a gym because it would greatly help your training. Why? Try : because there will be trainers around to give you advice, bacuse there will be weight-training machines which you will need, and to keep your motivation burning, there will be leotard-clad others around!..... yummy.

1. **Inclined Pull Ups** : Find a bar, about waist-high (No, not the kind with bar-stools), and hang from it. Keep your body really stiff and straight, with only your heels resting on the ground. Pull yourself towards the bar till your chest touches it (Yes, huge pectorals might help). 
2. **Assisted Pull Ups** : Get into that familiar position hanging from an overhead bar. Bend backwards at the knees (You may bend yours forward if they work that way), and rest your feet on some supprt. As you pull up, press your feet downwards to help lift your body weight. As you get stronger (because you are going to train SO HARD), rely less on that support. 
3. **Lat Pull Down** : Sitting in gyms all over Singapore are machines known as lat pull-down machines. They work these muscles called the latissimus in you upper back. the bar slightly wider than shoulder-width, and sit or kneel. You don't want any damage done to your lower back, so keep it flat. Pull the bar down to the base of your neck (front or back), and return the bar to its original position. 
4. **Close Grip Pull Down** : You are still with the lat machine. This time, grip the bar at shoulder-width or narrower. As you pull downwards, your elbows should travel in front of your body (as opposed to side).
5. **Monkey Bars** : Ah...the stuff of childhood memories! Swing from one end to the other and have fun while you work on your grip and arm strength.
6. **Grip Strength** : Yup, those ten digits have to keep you hanging from that bar. Hang from the bar for as long as you can. 30 seconds' great!

Grip

7. **Abdominals** : .....the muscles which hold your gut in place (Well, they try their best!). The abdominals play a supportive role in the pull-up. Do sit-ups, crunches, and lying leg lifts. If you put in that effort, they'll work..... the exercises, not the lying.

# Secrets of Passing Your IPPT and NAPFA

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## Pull Ups

### TRAINING TIPS

- When working with machines, do not stick any body part (yours or others') into the machines' moving parts.
- Stretching between sets of exercises helps your muscles recover, and keeps them flexible.
- If you're not a fan of calluses (er.....no, it's not a vegetable), get yourself a pair of gloves. Workout gloves come in leather and neoprene, and in a variety of colours.
- Besides getting lots of neck exercises (as you eyeball those leotard filler-thrillers), you ought not to neglect other body parts like your chest and legs.

# Secrets of Passing Your IPPT and NAPFA

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## Pull Ups

### PERSONAL TRAINER

You are about to embark on a 3-times-a-week strength-training programme. One which will open doors... of gyms you never would have visited (now... whatever were you thinking?). Not forgetting, of course, the door to that IPPT grade you want!

Here are some important terms:

- *Repetitions or Reps*  
the number of times you repeat a movement
- *Sets*  
the reps done together, without rest, make up 1 set

e.g. pull-ups: 5 reps x 3 sets. This means you do 5 pull-ups at a time (1 set), and rest between each set. Total 15 pull-ups.

When the workout indicates that you do 10 reps of a certain exercise, pick a weight which you can pull or push 10 times, but not 11. So, rep number 10 is a struggle, but not impossible to complete. This is a trial and error method, but you'll quickly learn to read your body.

Do remember to warm-up before each workout. For each exercise that requires a set of 10 reps or less, do a warm up set of 15-20 reps. And, do cool down before you hit the showers (you do intend to do that... don't you?).

## The 12 Week Programme

### Weeks 1 to 4

The 3 workouts for each week are indicated (a), (b), and (c).

Your goal is 6 pull-ups. That means lots of hard work... you know, the gyuts and glory stuff! You might get a little stiff and sore, ... oh, okay, some of you might get a lot stiff and sore, but that's no reason to quit!

Be strong, Braveheart...

Wk	Exercise	Load	Rest
1	(a) Assisted Pull-up Lat Pull-down Close-gripped Pull-down Inclined Pull-up	Max no. of reps x 2 sets 10-12 reps x 2 sets 10-12 reps x 2 sets Max no. of reps x 2 sets	2-3 min between sets
	(b) same as (a) Grip Strength Training	15 sec x 2 sets	
	(c) same as (a)	All exercises x 3 sets	
2	(a) Assisted Pull-up Lat Pull-down Close-gripped Pull-down Sit-up	Max no. of reps x 3 sets 10 reps x 3 sets 10 reps x 3 sets 20 reps x 2 sets	
	(b) Inclined Pull-up Monkey Bars Assisted Pull-up	Max no. of reps x 3 sets 3 sets Max no. of reps x 3 sets	
	(c) same as (a)		
3	(a) Pull-up Assisted Pull-up Lat Pull-down Close-gripped Pull-down	Max no. of reps x 1 set Max no. of reps x 4 sets 10 reps x 3 sets 10 reps x 3 sets	
	(b) Assisted Pull-up Monkey Bars Grip Strength Training Crunches	Max no. of reps x 4 sets 3 sets 20 sec x 2 sets 20 reps x 2 sets	
	(c) same as (a)		
4	(a) Pull-up Lat Pull-down Close-gripped Pull-down Crunches	Max no. of reps x 1 set 8 reps x 3 sets 8 reps x 3 sets 20 reps x 2 sets	
	(b) Assisted Pull-up Inclined Pull-up Monkey Bars	Max no. of reps x 4 sets Max no. of reps x 4 sets 3 sets	
	(c) same as (a)		

Note: Maximum reps means you can repeat a movement till you can't do another rep. As you get stronger, your maximum reps will keep increasing.

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## Weeks 5 to 8

Don't your arms feel that much stronger? Haven't they started to look that wee bit more muscular? You would probably have increased your number of successful pull-ups by one or two. The really hard work over the last four weeks is paying off, and seeing how tough you are, we'll just have to raise the intensity by a notch. But take heed, if you train by the adage 'no pain, no gain', you'd gain sure enough... some injury. Minor ... we hope! If pain rears its head, rest and go easy on the weights.

So, our quest for those 6 pull-ups goes on...

Wk	Exercise	Load	Rest
5	(a) Pull-up Lat Pull-down  Close-gripped Pull-down  Lying Leg Raise	Max no. of reps x 1 set 8 reps x 2 sets, 6 reps x 2 sets 8 reps x 2 sets, 6 reps x 2 sets 20 x 2 sets	2-3 min between sets
	(b) Pull-up Assisted Pull-up Monkey Bars Crunches	Max no. of reps x 1 set Max no. of reps x 4 sets 4 sets 25 x 2 sets	
	(c) same as (a)		
6/7	(a) Pull-up Lat Pull-down Close-gripped Pull-down Crunches	Max no. of reps x 1 set 5-6 reps x 3 sets 5-6 reps x 3 sets 25 x 2 sets	2-4 min between sets
	(b) Pull-up Assisted Pull-up Inclined Pull-Up Sit-up	Max no. of reps x 1 set Max no. of reps x 4 sets Max no. of reps x 4 sets 25 x 2 sets	
	(c) same as (a)		
8	(a) Pull-up Lat Pull-down Close-gripped Pull-down Crunches	Max no. of reps x 1 set 5-6 reps x 4 sets 5-6 reps x 4 sets 25 x 2 sets	2-4 min between sets
	(b) same as (a)		
	(c) Pull-up Assisted Pull-up Monkey Bars	Max no. of reps x 1 set Max no. of reps x 4 sets 4 sets	

Note: Whenever 5-6 reps become easy to complete, it means that you have become stronger (Swoon...) To keep challenging those muscles, increase the weight so that the fifth or sixth rep becomes a real challenge!

## Weeks 9 to 12

The last strength... Go forth, and conquer!

Wk	Exercise	Load	Rest
9/10	(a) Pull-up Lat Pull-down Close-gripped Pull-down Crunches	Max no. of reps x 1 set } 10 reps x 1, 8 reps x 1 } 6 reps x 1 25 x 2 sets	2-4 min between sets
	(b) Pull-up Assisted Pull-up Lat Pull-down Close-gripped Pull-down	Max no. of reps x 1 set Max no. of reps x 3 sets 8 reps x 2, 6 reps x 2 8 reps x 2, 6 reps x 2	
	(c) Pull-up Lat Pull-down Close-gripped Pull-down	Max no. of reps x 1 set 5-6 reps x 4 sets 5-6 reps x 4 sets	
11	(a) Pull-up Lat Pull-down Close-gripped Pull-down Crunches	Max no. of reps x 2 set 5-6 reps x 5 sets 5-6 reps x 4 sets 25 x 2 sets	
	(b) Pull-up Assisted Pull-up Lat Pull-down	Max no. of reps x 1 set Max no. of reps x 3 sets 5-6 reps x 5 sets	
	(c) same as (a)		
8	(a) Pull-up Assisted Pull-down	Max no. of reps x 2 sets Max no. of reps x 3 sets	
	(b) Pull-up Lat Pull-down	Max no. of reps x 2 sets 5-6 reps x 3 sets	
	(b) Pull-up Close-gripped Pull-down	Max no. of reps x 2 sets 5-6 reps x 3 sets	

Note: If doing 6 pull-ups is beyond your reach at this point, repeat workouts for weeks 9-12. There, you see, an excuse to hang around the gym among the leotard-clad! Enjoy!

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# Secrets of Passing Your IPPT and NAPFA

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## 4x10m Shuttle Run

**What it measures:** This is a test of your agility and speed, which is really how quickly you can start, stop, and change direction.

**How it's done:** Move two small objects, one at a time, from the first line to the second. The lines are 10m apart, and you run to and fro a total of 4 times Dash, grab (the first object), turn, dash, place, turn, dash, grab (second object), turn, and really run.



**Body parts you need to shape up:** Legs, arms and eyeballs. That's pretty much what you'll need here (and all the stuff that holds it altogether). Speedy legs are a great advantage, and in this area, the Gods have smiled more warmly on some..... but, take heart, we can all get faster..... some, with a little more work. But get there we will! How well your arms and eyeballs work together (aka hand-eye co-ordination), could decide on the success of your pick-up (No, last Saturday's success at Brannigan's cannot count as a practice session).

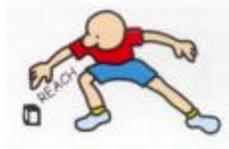
# Secrets of Passing Your IPPT and NAPFA

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## 4x10m Shuttle Run

### How to train:

1. **High Knee Lifts** : Take quick running steps and lift your knees as high as you can. (er... no, not at the same time. That might be a little difficult to do). Don't try to cover too much distance. Instead, lift your knees as many times as you can over a short distance.
2. **Heel Kicks** : Ah..... your chance to find out what it feels like to kick butt. Kick your right buttock with your right heel. Do the same with your left (Yes you may cross kick.....). Kick as quick as you can, moving forward slowly. Your aim is to do as many butt kicks as you can within a short distance.
3. **Shuttle Run** : ..... With emphasis on changing direction without slide-into-base techniques, falling, or wide u-turns. Your last step before the turn should be a side-step. So, as you reach for that object, your body's turned sideways, all ready to grab and run. The test is done over 10m intervals. Practice doing anything between 2-6 turns in succession.



4. **Short Sprints** : Run at your fastest speed over short distances.
5. **Bounding** : .....is hopping from foot to foot. Push strongly off the ground, and try to cover the maximal distance with each jump..... think Magic , launching off, floating towards that rim.....



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# Secrets of Passing Your IPPT and NAPFA

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## 4x10m Shuttle Run

### TRAINING TIPS

- The shuttle run workouts are not terribly demanding, and if you're looking for more of a challenge, combine them with the exercises for the standing broad jump.
- Run tall and you'll run faster. Straighten up after you grab the object.
- Loose shoes are an open invitation to ankle injuries. Be sure to lace up and make them snug, so that they give proper support.
- Speed training is more fun and challenging if there's someone to race against. Invite others to run with you.

# Secrets of Passing Your IPPT and NAPFA

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## 4x10m Shuttle Run

### PERSONAL TRAINER

Before each workout, you must prepare your muscles to do hard work. This is the part we call the warm-up. For 5-10 min, get that heart rate up by walking or jogging.

After the workout, it's time to cool down, stretch, hit the showers (yes, you really should), and get your gear cleaned (no, those jocks will not keep well for the next session).

And so begins, our search for speed...

### The 12 Week Programme

You don't have to run far, but you do have to move really fast. So, put as much speed as you can into these workouts.

Wk	Exercise	Load	Rest
1/2	Shuttle Run Short Sprints High Knee Lifts Heel Kicks	4 x 10m, 2 sets 3 x 20m 3 x 10m 3 x 10m	1 min between sets } } Walk back to } starting point }
3/4	Shuttle Run Skipping High Knee Lifts Heel Kicks Short Sprints	4 x 10m, 2 sets 2 x 10m 3 x 10m 3 x 10m 3 x 20m	1 min between sets } } Walk back to } starting point }
5/6	Shuttle Run Short Sprints Bounding High Knee Lifts Heel Kicks	6 x 10m, 2 sets 3 x 20m 3 x 20m 2 x 10m 2 x 10m	1-2 min between sets } } Walk back to } starting point }

7/8	Shuttle Run Skipping Heel Kicks High Knee Lifts Short Sprints	6 x 10m, 1 set 4 x 10m, 2 sets 3 x 20m 3 x 10m 3 x 10m 3 x 30m	1-2 min between sets } } Walk back to } starting point }
9/10	Shuttle Run Short Sprints Bounding High Knee Lifts Heel Kicks	6 x 10m, 2 sets 4 x 10m, 2 sets 3 x 20m 3 x 10m 3 x 10m 3 x 30m	1-2 min between sets } } Walk back to } starting point }
11/12	Shuttle Run Short Sprints High Knee Lifts Heel Kicks	6 x 10m, 2 sets 4 x 10m, 2 sets 10m,20m,30m,20m,10m 3 x 10m 3 x 10m	1-2 min between sets } } Walk back to } starting point }

# Secrets of Passing Your IPPT and NAPFA

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## 2.4 km Run-Walk

**What it measures:** This is a test of your cardiovascular endurance or what is commonly called your aerobic fitness.

**How it's done:** Run, jog or walk 2.4 km in the fastest time you can manage. Things may get bad, but really, there's no need to crawl.



**Body parts you need to shape up:** You need a strong set of heart and lungs. Considering the cost of transplants, we'll just work on the model you have..... some of us just need to work a lot harder! Your legs would also come in handy here. At first, they might tire quickly, but they're really quite a trainable pair. Give them a chance, and you'll find the 2.4 km just whizzing by!

# Secrets of Passing Your IPPT and NAPFA

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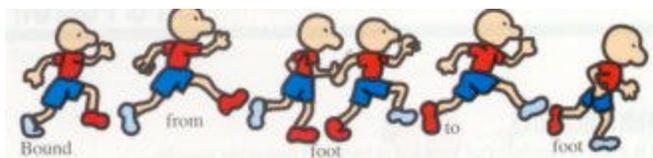
## 2.4 km Run-Walk

### How to train:

1. **Easy Runs** : No kidding. Yes, they do exist! Decide on a short distance (not that short!), or a short duration, e.g. 12 min. Run at a comfortable pace, one at which you can carry out a conversation.
2. **Knee Lifts** : Wake your legs up, get them moving fast! Run with small, quick steps, lifting your knees up to waist level and landing on your toes.
3. **Intervals** : To put it positively, intervals are, well..... challenging! You alternate short, fast periods of running (speed is relative..... chin up!) with rest periods or slow, easy recovery periods. It is not a contrived form of torture..... honestly! Your body will learn what it feels like to run at a pace fast enough to pass or ace that 2.4 km!
4. **Hill Intervals** : This will take you to new heights in your running programme! Find a gentle hill, the key word being gentle (no, that little slope in your driveway will not do.....sorry). It should be at least 50m long. Sprint up the hill and recover by walking or jogging slowly back down.
5. **Fartlek** : .....is not a rude word, or the result of eating beans. It is the Swedish word for 'speedplay'. It is a form of interval training, with you in the driver's seat. a set distance or tuime, you may choose to jog, run, or sprint at any time during the run.
6. **Bounding**: Think gazelles, think grace, height, power.....oh, you get the idea. Bound from foot to foot. Try to stay in the air as long as you can. Push off the ground as hard as you can and attempt to cover as much distance as possible with each bound.



For



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# Secrets of Passing Your IPPT and NAPFA

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## 2.4 km Run-Walk

### TRAINING TIPS

- These slow runs can be really boring. Get a friend to run along, or invite that hot bod you've been eyeing! If she disappears when your hair starts sticking out, and you begin wheezing, at least you know she wasn't worth it!
- Those of you with not-so-good working parts should wear protection (ankle or knee guards that means), and consult sports medicine specialists before you do yourselves any damage.
- Water's great! Drink lots of it before, during, and after the workout.
- Your shoes are the only protection between your feet and the ground. Get a good, stable pair. If it blows your budget, it's just as well..... you won't be able to indulge in so much junk food.
- Shoulders hunched, eyes glazed, teeth clenched..... who's gonna chat you up at the track? Always look like you're having a real good time..... well, try! Run tall and relaxed, enjoy the scenery and check out the competition. Swing your arms in rhythm with your legs. Think swift, silent..... go get'em!

# Secrets of Passing Your IPPT and NAPFA

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## 2.4 km Run-Walk

### PERSONAL TRAINER

Before you begin each workout, you have to warm-up for 5-10 min. That means engaging in an activity which raises your heart rate and body temperature; looking at that swimsuit issue of that sports magazine can do that to you... but here, it is the activities like brisk walking or jogging.

After working out, cool down and stretch thoroughly. Expect some tightness in your legs the day after a hard workout, but a good stretch will minimise it.

Alright, you are now in your running gear and raring to go. As you embark on this programme, make a commitment to train at least 3 times a week, with at least one rest day between workouts. You will need to train on a running track, or a route with distance markers. A stop-watch will be useful for those very fast intervals you intend to do.

### The 12 Week Programme

#### Weeks 1 to 4

There are 3 workouts each week: (a), (b), and (c).

Lots of easy running, with some interval work. A vigorous game of squash or basketball once a week will add fun and build up your endurance at the same time. Have fun... we'll make a runner of you yet!

Wk	Workout
1	For this first week, complete 3 runs of at least 1.6 km. For the first 2 runs, take brief walking breaks if you need to. Do the 3rd run at a pace you can maintain for the entire distance (8-12 min).
2	Workouts (a) and (b): At least 2 km. Easy run.  Workout (c): 2 km easy run (10-15 min). Rest 10 min, followed by bounding 20m x 3 sets. Between sets, recover by walking back to start.

3	(a) 2.4 km easy run (12-18 min).  (b) 400 m in 2 min. Do 3 sets, with 4 min rest between sets. 1.2 km easy run.  (c) 2.4 km easy run.
4	(a) 400 m in 2 min. Do 3 sets, with 3 min rest between sets. 1.2 km easy run.  (b) 3 km easy run (15-22 min).  (c) 2.4 km timed run. Best effort. Record your time.

Note: Interval times are targeted at those training to achieve a time of 12:00 for 2.4 km. If you run like the wind, forgive us mere mortals, and adjust your intervals accordingly. E.g. Goal: 10 min. Do 400 m intervals in 1:40 or less.

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## Weeks 5 to 8

Congratulations! You have completed 4 weeks of the programme and you're still with us! Now that you have experienced that 'wind-whistling-in-your-hair' feeling, how did you ever do without it?

You are now primed and ready, and your body is this mean machine waiting to happen! Let us meet the challenges ahead...

Wk	Workout
5	(a) 400 m in 2 min. Do 4 sets, with 2 min rest between sets. 800 m in 5 min. 800 m easy run.  (b) 3 km easy run (15-22 min)  (c) 400 m in 2 min. Do 6 sets, with 2 min rest between sets. Bounding 20m x 3 sets.
6	(a) 800 m in 4:30 min. Do 3 sets, with 4-5 min rest between sets. 800 m easy run.  (b) Knee Lifts 20m x 3 3 km easy run (15-22 min).  (c) 2.4 km timed run. Best effort. Record your time.
7	(a) 800 m in 4:15 min. Do 2 sets, with 4-5 min rest between sets. 400 m in 2 min. Do 3 sets, with 2 min rest between sets.  (b) 1.2 km timed run. Best effort. Do 2 sets, with 6-8 min rest between sets. (Combined time of both runs should be faster than your 2.4 km time). 800 m easy run.  (c) Knee lifts 20m x 3 2 km. Fartlek.
8	(a) 800 m in 4:15 min. Do 3 sets, with 4-5 min rest between sets. Uphill sprint 20m x 3 sets. Reciver by walking back to start point. 800m easy run.  (b) 3-3.5 km easy run (16-25 min) Sprint (level ground) 200m x 3  (c) 2.4 km timed run. Best effort. Record your time.

## Weeks 9 to 12

Your mean machine of a body is oiled and running. Your best efforts are paying off, and you know that you are going to beat that 2.4 km in 12:00 or better!

Wk	Workout
9	<p>(a) 1.2 km in 6 min. Rest 6 min. 800 m in 4 min. Rest 4 min. 400 m in 2 min. 800 m easy run.</p> <p>(b) 1.2 km in 6 min. Do 2 sets, with 4 min rest between sets. Bounding 30m x 3.</p> <p>(c) 2-3 km. Fartlek. Sprint 200m x 3.</p>
10	<p>(a) 1.6 km in 9 min. Rest 6-8 min. 800 m in 4 min. Bounding 30m x 3.</p> <p>(b) 2 km in 10 min. Rest 8-10 min. 400 m in 2 min. 800 m easy run.</p> <p>(c) 2 km in 10 min. Rest 6-8 min. 400 m in 2 min. Sprint 200m x 2.</p>
11	<p>(a) 2.4 km in 12 min or Personal Record (PR), whichever is faster. Bounding 30m x 3.</p> <p>(b) 3-3.5 km. Moderately fast. Sprint 200m x 3.</p> <p>(c) 2.4 km in 12 min or PR. 800 m easy run.</p>
12	<p>(a) 1.2 km in 6 min. Rest 3 min. 400 m in 1:55. Do 3 sets, with 1-2 min rest between sets.</p> <p>(b) 2-3 km. Fartlek. Sprint 200 m, 100 m, 50 m. Recover by walking back to starting point.</p> <p>(c) 3 km easy run.</p>

**P.S.**

*You have seen those runners with great looking arms and shoulders. Well, they did not get that way by running alone. (no, running with company will not help, unless you're carrying them under your arms! ... It is a fact that running, for all its benefits, is not a complete exercise. Include resistance exercises to work that upper body. Some examples: push-ups, pull-ups, bicep curls with dumbbells, overhead shoulder presses.*

*Keep a record of your progress. Include your running times and distances, thoughts about the day's workout, running schedules of the people you want to 'accidentally' meet on your runs.*

# Secrets of Passing Your IPPT and NAPFA

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## Sit & Reach

**What it measures:** It is a test of flexibility of your lower back and hamstring muscles.

**How it's done:** Basically, it is a toe-touch from a seated position. Sit yourself on the board, bend forward at the hips with your knees extended, and stretch forward as far as you can. For that extra cm, some have been known to cultivate their fingernails.

**Body parts you need to shape up:** Your lower back and hamstring muscles. Those have to put through flexibility training. If either set of muscles is really tight, it will cause the other to stretch excessively.

Some of the long-legged variety among us claim to have been unfairly disadvantaged by birth. It is rather unfortunate, but there is no current alteration methods. There was an ancient Chinese stretching machine, but some pain was involved. Anyhow, green-eyed others swear that long legs are but a minor hurdle. Ah... the mystery of genetics... but such is life, and reach that mark we must!

Note: Studies have also shown that claiming ownership to large body surface areas and generous amounts of stuffing does not make you any less flexible.

# Secrets of Passing Your IPPT and NAPFA

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## Sit & Reach

### Ways to train those parts:

Stretch, stretch, and

**S - T - R - E - T - C - H ! ! !**

So, with that enlightened advice, let us move on to...

---

### How to stretch :

First thing to do is to warm up your muscles nicely, or they may snap like frozen rubber bands! There are lots of warm-ups you can do. For example, you could jump around on a spot (give Spot a bone first, so he would not get too upset), walk Spot, chase Spot...

When your muscles are really warmed-up, here's how you ought to stretch them:



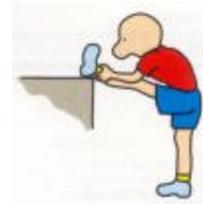
1. Stretch to the point where the muscle feels tight, but there should not be any pain.
2. Hold that position for 10-15 seconds, then release.

3. After a few seconds. do the same stretch and hold for 20-30 seconds.
4. Concentrate on relaxing the target muscle.
5. Release, and resume the stretch for a final 30-60 seconds.
6. Breathe slowly throughout - don't hold your breath.

The above method, known as static stretching, is safer than ballistic stretching. That's when you bounce and bob rapidly into a stretch. There's a higher risk of doing damage to your muscles when you bounce around, so we'll stick with the safer alternative.

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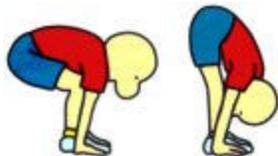
### Some stretches for your Hamstrings and Lower Back:



1. Stand with one leg elevated. Keeping both legs straight, bend forward at the waist and lower your trunk onto your raised thigh.
2. Place your right heel against the inner side of your left thigh. Bend forward at the waist and lower your chest to your left thigh.



3. Sit with your legs extended and together. Keep both legs straight. Bend forward at the waist and lower your chest to your thighs.
4. Squat and place your hands on the ground. Slowly extend your knees.



For more information on stretching, go to [STRETCHES](#).

# Secrets of Passing Your IPPT and NAPFA

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## Sit & Reach

### TRAINING TIPS

- You have a goal to attain, and that is to get through that sit-and-reach test. So channel all that energy you've been spending, ranting and raving at the test's creators, into the stretching programme!
- If your goal is but a mere centimetres away, make stretching a daily affair, and you'll achieve it sooner than you think! The best time to stretch is after a workout, when your muscles are all warmed up.

# Secrets of Passing Your IPPT and NAPFA

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## Warm up, Cool Down

### WARM UP

The warm-up is like an appetizer, the prep which gets the juice flowing, the heart pumping, the muscles stirring, the mind focused. On exercise. So, how do you do it? The warm-up.

Walk or run easily for 10 to 15 minutes before you begin your exercise programme (the key word being 'easily'... it doesn't do much good to pack up, tired out from a 10 minute warm-up)

Allow this warm-up period to ease away minor aches, and to reduce the body's initial resistance to the thought of hard work. You could have just recovered from a bout of flu, or that muscle pull was more serious than you thought. Learn to listen to these messages... pain is not a challenge to work harder!

After the initial warm-up, some prefer to do light stretches. Spend about 5 minutes, concentrating particularly on the muscles which will be doing the most work.

---

### COOL DOWN

Your heart's racing, the sweat's pouring off, your lungs are fighting for air... Your system's in overdrive. You need to cool down.

Walk or jog easily, bringing your heart rate and breathing down slowly. If you're really beat, move your feet on the spot, slowing down gradually. Try not to collapse dramatically or stop suddenly. Even racehorses are walked after races.

When your heart rate is almost back to normal, it is time to stretch out those tired muscles. Hard workouts, running in particular, tightens your muscles. This is a good time to stretch because your muscles are warm and receptive. A proper stretching routine will help you to maintain flexibility and prevent injury.

# Secrets of Passing Your IPPT and NAPFA

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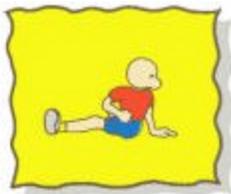
## Stretches

### HOW TO STRETCH:

- Stretch slowly, do not bounce
- Stretch to the point of discomfort, not pain
- Breathe normally, do not hold your breath
- Hold the stretch for 10-30 seconds, release and repeat each stretch twice

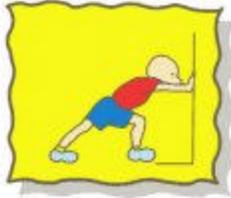
## Your Stretching Routine

### BUTTOCKS & HIPS



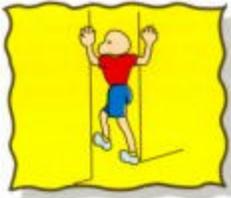
Sit on the floor with legs straight. Flex and cross your left leg over your right. Reach over your left leg with your right arm and place your right elbow on the outside of your left knee. Push back on your left knee, hold and relax.

## CALF & ACHILLES TENDON



Stand at arm's length from a wall. Bend one leg forward, and keep the other straight back. Lean into the wall until you feel a stretch in the calf of the rear leg. Keep your rear foot down, flat on the floor. Hold the stretch and relax. Continue the same stretch. This time, bend the rear knee towards the floor, keeping the foot flat, until you feel a stretch in the Achilles.

## CHEST & ANTERIOR SHOULDER



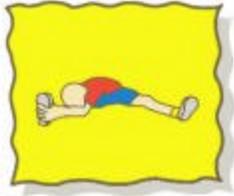
Stand upright facing a corner or open doorway. Raise your arms to shoulder level, and place forearms against the wall. Lean forward until you feel a stretch in your chest.

## HAMSTRINGS



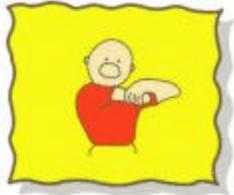
Sit on the floor with both legs straight. Bend one leg and bring the heel towards your crotch. Rest the heel against the inner thigh of the straight leg. Bend at the waist and lower your upper body to your thigh. Hold the stretch and relax.

## HAMSTRINGS & ADDUCTORS



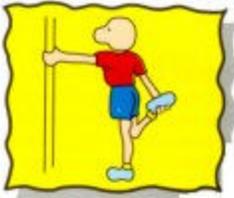
Sit on the floor with your legs straddled as much as possible. Keeping your legs extended, lower your upper body onto one leg. Hold and relax.

## POSTERIOR SHOULDER



Flex one arm across your neck to the opposite shoulder. Grasp your elbow with the opposite hand and pull. Hold the stretch and relax.

## QUADRICEPS



Stand upright, with one hand holding a support. Flex one leg and bring your foot to your buttocks. With the other hand, pull your heel towards your buttocks. Hold the stretch and relax.

## TRICEPS



Flex and raise one arm overhead. Grasp your elbow with the opposite hand. Pull your elbow behind your head until you feel a stretch in your triceps.

# Secrets of Passing Your IPPT and NAPFA

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## Common Injuries

### Oh! So Painful!

Pain... most of us don't enjoy it. It almost always means that some body part (yours) is not working right, or feeling really tired and asking to be substituted. When that happens, it's a good idea to listen and give that body part some time out. When ignored, some of these parts have been known to turn into an angry red, and swell up, making it painful for you to use it. The race to get fit has resulted in many knees opting for early retirement. Most of them are now residing in the Knees Retirement Home somewhere in Bukit Batok. Now, that is not to say that you should not exercise. You just have to pay them some attention when they're saying something.

So, like your \$120,000 four-wheel drive, your body parts have to be properly maintained, or they may break down and fall apart. We will talk about the problems and symptoms which may arise, so that you can identify them and put a tick beside the ones you already have...

---

## Blisters

Terrible sore spots with liquid under the skin. If you get one, don't break it! A broken blister is a lot more painful, and becomes a germ party! If it does break, use soap and water or antiseptic solution to clean it, and protect it with sterile dressing.

### To Prevent Blisters

- Wear in your new shoes gradually. Don't go for that 10 km in the pair you bought yesterday.
  - Use dry, clean socks which fit without creasing.
  - Blister-prone spots can be protected with a plaster before damage is done.
-

## Muscle Cramps

If your muscles seize up, stop exercising and stretch it out slowly. It is not known exactly what causes cramps, but the contributing factors are loss of body fluids through sweat, tight and restrictive gear, cold weather, and infections.

### To Prevent Cramps

- Warm up and drink water before your exercise.
  - Use the proper equipment for your activity.
- 

## Muscle Soreness

You wake up the day after a hard workout and your body is one big pain. Although every movement is agony, you are in no mortal danger. Soreness occurs when you use your body parts in ways they aren't accustomed to. For example, you realise too late that the IPPT is only three weeks away, and jump into a daily two-hour training programme. The men in white lab coats tell us that the soreness comes from tiny tears in your muscles when you do a lot more than you're used to (horrors!).

### To Prevent Soreness

- Increase your activity level gradually. That means training for that IPPT at least two to three months before you make an attempt at it.
  - When you begin any training programme, you'll probably experience some soreness. If it's minor, training can be continued, but at a lower intensity.
-

## Muscle Strains

Strains are damage to the muscle or tendon from overstretching or overload. The first indication is a sharp or stabbing pain, which will be aggravated if you try to stretch or contract the strained muscle. Often, there will be swelling and tenderness. Rest the injured muscle immediately. Cool it with an ice-pack, and support it with a bandage. If there's any suspicion of severe injury, do consult a doctor.

### To Prevent Strains

- Warm-up and avoid a sudden increase in exercise intensity.
  - Stretch regularly, as flexible muscles are less injury-prone.
- 

## Sprains

They are common, painful, and take too long to heal. That awkward landing, that hidden pot-hole, that moment when you know your joint is not quite supposed to twist that way. Pain is intense. Swelling and bruising, almost immediate.

Sprains usually occur in the ankle, knee, elbow, wrist and shoulder.

Apply the RICE treatment to the injured part:

- REST - do not use it or put weight on it
- ICE &
- COMPRESS - to cool the joint and reduce blood flow
- ELEVATE - to reduce swelling

### To Prevent Sprains

- Stabilise your joints by strengthening the surrounding muscles through resistance exercises.
  - Body parts weakened by past injuries should be supported by an elastic bandage.
-

We hope that what we've talked about does not cause you to decide against exercising. This is because there are a lot of worse things that could happen if you got idle. For example, you could get fat, which isn't good, because fat cells do not get along well with your vital organ - the heart. Then you might have to check yourself into a hospital and allow the doctors to perform some life-saving emergency procedure on you.

So, our body parts come with a lifetime warranty, but responsibility of ownership lies entirely on you. So do keep your machine oiled and running, and read the operating manual carefully (What? You lost it?!)

# Secrets of Passing Your IPPT and NAPFA

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## Appendix A - Progress Chart

It's always great to see how much you've progress. This chart encourages you to set initial goals at the start of your training programme. Review your goals every 4 weeks so that they are realistic and attainable. At the end of each week of training, test and record your progress on a day when you are physically rested.

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Test Station	Present Score	Goal	Weekly Progress				Goal (Reviewed)	Weekly Progress				Goal (Reviewed)	Weekly Progress			
			Wk 1	Wk 2	Wk 3	Wk 4		Wk 5	Wk 6	Wk 7	Wk 8		Wk 9	Wk 10	Wk 11	Wk 12
Sit-ups	_____	___	___	___	___	___	_____	___	___	___	___	_____	___	___	___	___
Standing Broad Jump	_____	___	___	___	___	___	_____	___	___	___	___	_____	___	___	___	___
Sit & Reach	_____	___	___	___	___	___	_____	___	___	___	___	_____	___	___	___	___
Pull-ups	_____	___	___	___	___	___	_____	___	___	___	___	_____	___	___	___	___
4x10m Shuttle Run	_____	___	___	___	___	___	_____	___	___	___	___	_____	___	___	___	___
2.4km Run-Walk	_____	___	___	___	___	___	_____	___	___	___	___	_____	___	___	___	___

# Secrets of Passing Your IPPT and NAPFA

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## Appendix B - IPPT Score Table

Age Group	Grade	Pts	Sit-up (reps)	Standing Broad Jump (cm)	Chin-ups (reps)	4x10m Shuttle Run (sec)	2.4km Run-Walk (min:sec)
X Below 25 years	A	5	>39	>242	>11	<10.2	<10:21
	B	4	37-39	234-242	10-11	10.2-10.3	10:21-11:00
	C	3	34-36	225-233	8-9	10.4-10.5	11:01-11:40
	D	2	31-33	216-224	6-7	10.6-10.7	11:41-12:20
	E	1	28-30	207-215	4-5	10.8-10.9	12:21-13:00
Y 25 to Below 30 years	A	5	>38	>238	>10	<10.3	<10:41
	B	4	36-38	230-238	9-10	10.3-10.4	10:41-11:20
	C	3	33-35	221-229	7-8	10.5-10.6	11:21-12:00
	D	2	30-32	212-220	5-6	10.7-10.8	12:01-12:40
	E	1	27-29	203-211	3-4	10.9-11.0	12:41-13:20
Y1 30 to Below 35 years	A	5	>36	>233	>9	<10.4	<11:01
	B	4	34-36	225-233	8-9	10.4-10.5	11:01-11:40
	C	3	31-33	216-224	6-7	10.6-10.7	11:41-12:20
	D	2	28-30	207-215	4-5	10.8-10.9	12:21-13:00
	E	1	25-27	198-206	3	11.0-11.1	13:01-13:40
Z 35 to Below 40 years	A	5	>33	>224	>7	<10.6	<11:41
	B	4	31-33	216-224	6-7	10.6-10.7	11:41-12:20
	C	3	28-30	207-215	4-5	10.8-10.9	12:21-13:00
	D	2	25-27	198-206	3	11.0-11.1	13:01-13:40
	E	1	22-24	189-197	2	11.2-11.3	13:41-14:20
Z1 40 to Below 45 years	A	5					<11:41
	B	4					11:41-12:20
	C	3	NA	NA	NA	NA	12:21-13:00
	D	2					13:01-13:40
	E	1					13:41-14:20

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# Secrets of Passing Your IPPT and NAPFA

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## Appendix C - NAPA Scheme Standards for Males

Age Group	Grade	Pts	Sit-up (reps)	Standing Broad Jump (cm)	Sit & Reach (cm)	Chin-ups (reps)	4x10m Shuttle Run (sec)	2.4km Run-Walk (min:sec)
16 years	A	5	>42	>245	>66	>8	<10.2	<10:21
	B	4	40-42	236-245	62-66	7-8	10.2-10.3	10:21-11:10
	C	3	37-39	226-235	58-61	6	10.4-10.5	11:11-12:00
	D	2	34-36	216-225	54-57	4-5	10.6-10.7	12:01-12:50
	E	1	31-33	206-215	49-53	3	10.8-10.9	12:51-13:40
17 years	A	5	>42	>249	>66	>9	<10.2	<10:11
	B	4	40-42	240-249	62-66	8-9	10.2-10.3	10:11-11:00
	C	3	37-39	230-239	58-61	6-7	10.4-10.5	11:01-11:50
	D	2	34-36	220-229	54-57	5	10.6-10.7	11:51-12:40
	E	1	31-33	210-219	49-53	3-4	10.8-10.9	12:41-13:30
18 years	A	5	>42	>251	>66	>10	<10.2	<10:01
	B	4	40-42	242-251	62-66	9-10	10.2-10.3	10:01-10:50
	C	3	37-39	232-241	58-61	7-8	10.4-10.5	10:51-11:40
	D	2	34-36	222-231	54-57	5-6	10.6-10.7	11:41-12:30
	E	1	31-33	212-221	49-53	3-4	10.8-10.9	12:31-13:20
19 years	A	5	>42	>251	>66	>10	<10.2	<10:01
	B	4	40-42	242-251	62-66	9-10	10.2-10.3	10:01-10:50
	C	3	37-39	232-241	58-61	7-8	10.4-10.5	10:51-11:40
	D	2	34-36	222-231	54-57	5-6	10.6-10.7	11:41-12:30
	E	1	31-33	212-221	49-53	3-4	10.8-10.9	12:31-13:20

### Award Requirements

**BRONZE:** At least an E grade performance in all 6 test items and a total of 6 or more points.

**SILVER:** At least a D grade performance in all 6 test items and a total of 15 or more points.

**GOLD:** At least a C grade performance in all 6 test items and a total of 21 or more points.

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## Credits

### Original Booklet

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