



SPORTS AUTHORITY OF INDIA



Online Coaching & Education Programme in Artistic Gymnastics

For Grass Root-Level Under

‘Khel Pathshala’

Training Module Part-III

Email ID : grassrootgymnastics@gmail.com



ACKNOWLEDGEMENTS

- Our heartfelt thanks to Director General, Sports Authority of India and President, Gymnastics Federation of India for the opportunity to present the Grassroots level athlete coaching and education program online for gymnastics.
- Special thanks to the team of experts, resource persons, coaches, administrative personnel and parents for providing their valuable suggestions and inputs in completion of Grassroots level athlete coaching and education program through online during the lock down period.



Online Coaching & Education Programme for Grass-root Level Gymnasts under



Khel Pathshala



MR. VINEET KUMAR
RD Incharge SAI NSEC KOLKATA



DR. R. K. PATHANIA
PROGRAM CO-ORDINATOR



MR. NIRBHAYA SINGH
PROGRAM DIRECTOR



MR. R N MANGLA
EXPERT



MRS. SANDHYA KAUL
EXPERT



DR. P. RAVINDRA KUMAR
EXPERT



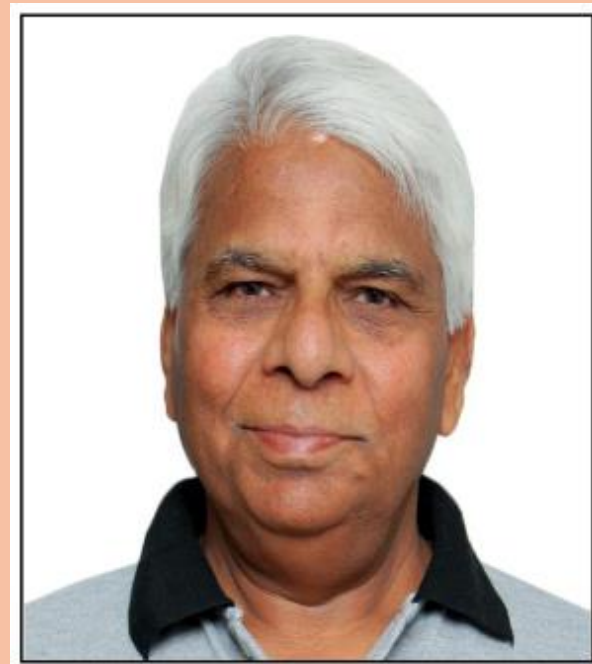
MR. ROHIT JAISWAL
EXPERT



Program Director

Mr. Nirbhaya Singh.
B.Sc. M.A. (Sociology)
Master's in Sports Coaching

Former International gymnasts and Judge.
Recipient of M.P. State “Vikram Award”
FIG Level-I Course in Gymnastics for All in 2015
SAI Appointed as Sports Analyst with Indian Team
In preparation of 2012 Olympic Games (OPEX) in 2011
Former In charge and Chief coach Gymnastics,
Department SAI, NS NIS , Patiala



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Experts

R. N. Mangla B. Sc. Master's in Sports Coaching

Former FIG International Judge 1982

**Former In charge/ Chief Coach Gymnastics Department
SAI NSEC Kolkata 1982-1996. 36 yrs. Coaching Experience**

Sports Analyst Indian Team for CWG New Delhi 2010

Published Quarterly GFI News Bulletin 2008-2015

Publishing Quarterly MAGA News Bulletin since 2015

**Results compilation of all National Championships
since 1952.**



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Experts

MS. SANDHYA KAUL

Junior National Champion 1975, 76, & 77

Sr. National-All round 2nd best gymnast in 79 & 81

All India Inter-University Champion 1981

Member of Indian women team visited China 1982

35 years Coaching experience in SAI

FIG International Judge VIII Cycle (1993-97)

Coach Indian women team in Jr. Asian Gymnastics

Championship New Delhi 1992

Judge in Jr. Asian Gymnastics Championship at
Hiroshima 1994

Expert panel of coaches (member) 1999 & Member
of Khelo India TSC



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Experts

DR. P. RAVINDRA KUMAR

B.P.Ed., M.A (Sociology), M.Sc. (Sports Coaching), M.Sc. (Psychology) M.Phil. (Physical Education), Ph.D. (Physical Education).

Diploma in Coaching Gymnastics, SAI, NIS, Patiala.

Diploma in Guidance and Counselling, Kakatiya University, Warangal.

Diploma in International Coaching course, Semmelweis University, Budapest, Hungary.

Won Gold Medals in Sub-Junior, Junior, Senior National and All India Championships.

Attended Junior National camps.

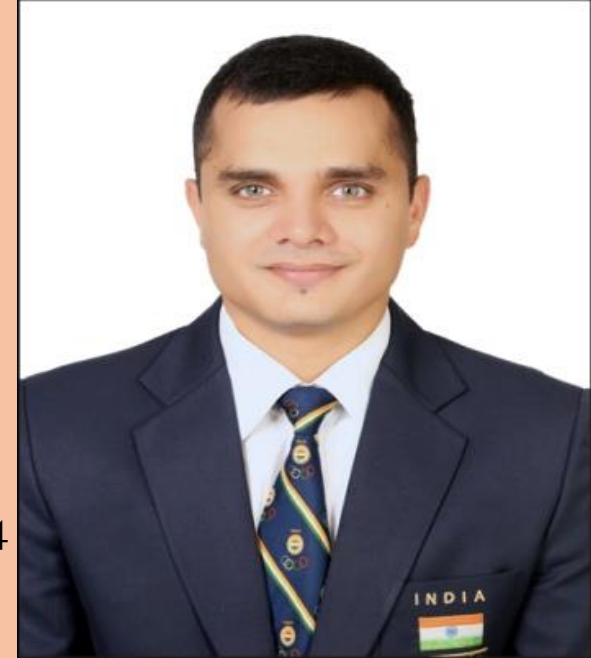


JOIN GYMNASTICS FOR OLYMPIC HONOUR

Experts

MR. ROHIT JAISWAL

First Indian Gymnast to win
Silver medal in Asian Gymnastics Championship
held at China in 2003 and Bronze medal at
Commonwealth Youth Games at Australia in 2004.
Special award holder by government of India
Prestigious Sports “**Laxman Award**” holder
given by Uttar Pradesh Government.
Coach Indian team in Youth Olympic Games held at China 2014
Qualified FIG International Coach Level – III
Qualified FIG International Judge XIII Cycle



JOIN GYMNASTICS FOR OLYMPIC HONOUR



OLYMPIC PROBABLES - 2032

UNDER – 12 Years Age Group (Boys)



JASH PARIKH MH



SUMIT YADAV UP



MANTHAN SINGH DL



PRASHANT SONKAR UP



UTKARSH MISHRA UP



SARTHAK WALIA PB



GAURAB
CHAKRABORTY WB



DEVANSH SUYAL UP



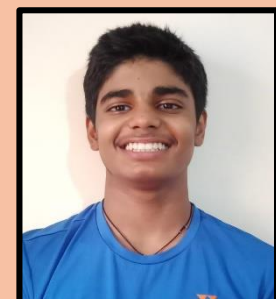
AADHAYAN DESAI MH



MANN KOTHARI MH



VEDANT HUMARMALEKAR
MH



RUDRA PRATAP SINGH
HR

JOIN GYMNASTICS FOR OLYMPIC HONOUR



OLYMPIC PROBABLES - 2032

UNDER – 12 Years Age Group (Girls)



NISAKA AGARAWAL
TG



DISHA RJ



ANOUSHKA PATIL
MH



TANUSHREE MONDAL WB



DEVYANI KOLTE MH



SNEHA DL



SUHANI ADNE MH



SHATAKSHI MH



JINIA DEBNATH WB



URVI WAGH MH



SOUMIL KARAR WB



CHARU DL

JOIN GYMNASTICS FOR OLYMPIC HONOUR

PREFACE

- Right now while many of us are quarantined at home, it can be challenging to keep up with gymnastics activities at home.
- While you won't be able to train major skills at home, you could still keep your body in gymnastics shape by practicing certain aspects of basics of gymnastics at home.
- Here are some gymnastics conditioning exercises to help you to keep up with your gymnastics training during lockdown period.

JOIN GYMNASTICS FOR OLYMPIC HONOUR

IMPORTANT INSTRUCTIONS

- We disclaim all liabilities for any physical harm resulting from the information in on line gymnastics programme.
- Unhealthy and injured children are advised not to participate.
- All the participants need to be under the supervision of their parents to be safe.
- Participants must wear proper training uniform and bring their own water bottle.
- Participants are expected to do some general warming up exercises prior to on line classes.
- Pay attention to the instructions given by the experts during the course of presentation.
- **2x3 meter indoor or outdoor space with anti slippery carpet and three water bottle of 500 ml and chair.**

JOIN GYMNASTICS FOR OLYMPIC HONOUR

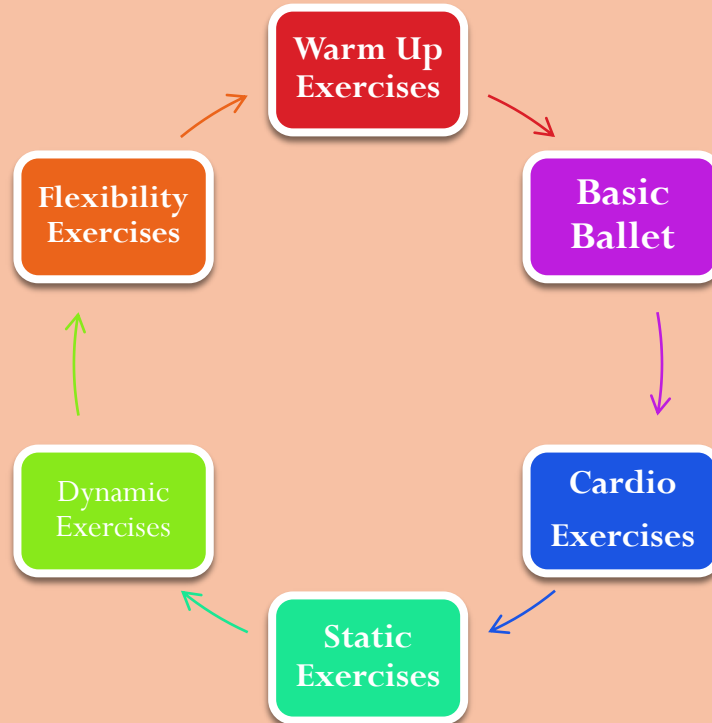
MOST IMPORTANT INSTRUCTIONS

For successful practice please follow the under mention important points:-

1. Quality is more important than quantity.
2. Don't rush to perform exercises without focusing on your body form.
3. Correct Body form is so important to give right impact on your bodily muscles. In doing so it will be easier in future to perform difficult skills.
4. Focus on executing each skill with a good tight (Tension) body form.

JOIN GYMNASTICS FOR OLYMPIC HONOUR

GENERAL FITNESS PROGRAM



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

S. No.	Exercise Description	No. of Rep / Seconds
1	Wrist stretch all the sides (Pronation and Supination of wrist) in 4 counts each = one repetition	x 2
2	Neck Stretch left and right Forward & Backward with one hand support = one repetition	X2
3	Stand Legs apart, shoulder rotations forward and backward with bent arm in 4 counts each = one repetition	X 2
4	Stand Legs apart, Trunk rotation clockwise and anti-clockwise with hand on hips in 4 counts = one repetition	X 2
5	Stand legs apart, Trunk Bending forward and backward with arms up in 4 counts = one repetition	X 2
6	Stand legs apart, bent left and right side with one arm on hip and other arm up in 4 counts each = one repetition	X 2
7	Stand legs together, arms on knees, bent and Stretch upward in 2 counts each = one repetition	X 2
8	Sit in full squat position with heel touch on floor. Hold	10 sec.
9	Front long support position stretch body with head backward up and torsion the body left and right with turning of shoulders = one repetition	X 2
10	In sitting position, rotate left and right ankle with the support of arms each = one repetition	X 2

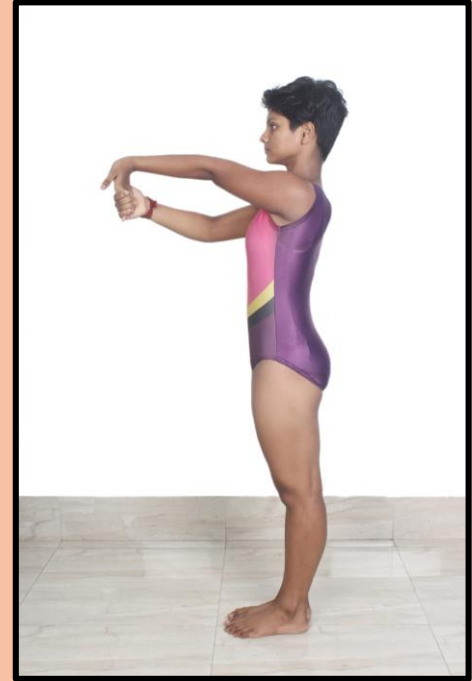
Rest: 2 minutes

Warm Up Exercises with Music

Wrist stretch all the sides
(Pronation and Supination of wrist)
in 4 counts each = one repetition

YouTube Link:

https://youtu.be/XGaObe1dA_c



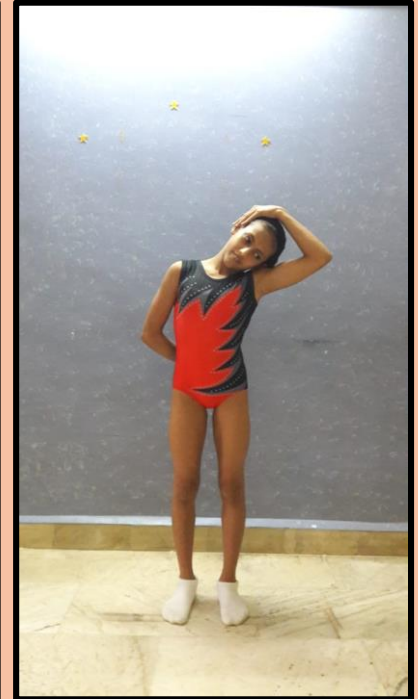
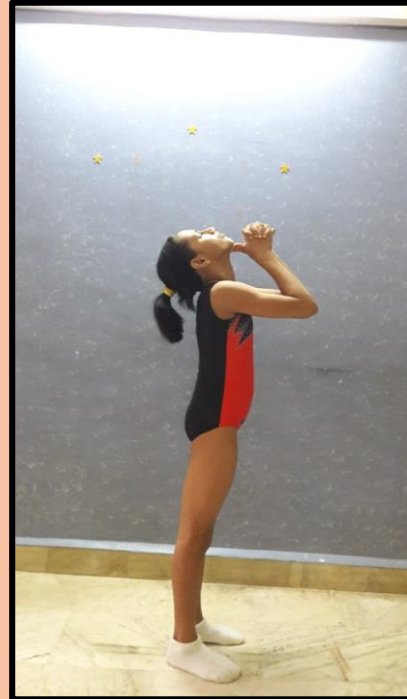
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

Neck Stretch left and right
Forward & Backward with one
hand support = one repetition

YouTube Link:

<https://youtu.be/Pdpcq-YynG0>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

Stand Legs apart, shoulder rotations forward and backward with bent arm in 4 counts each = one repetition

YouTube Link:

<https://youtu.be/xhIFVw121m8>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

Stand Legs apart , Trunk rotation clockwise and anti-clockwise with hand on hips in 4 counts = one repetition

YouTube Link:

<https://youtu.be/YOIaIFQ1nao>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

Stand legs apart, Trunk
Bending forward and
backward with arms up in
4 counts = one repetition

YouTube Link:

<https://youtu.be/-rIbhyb7YMo>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

Stand legs apart, bent left and right side with one arm on hip and other arm up in 4 counts each = one repetition

YouTube Link:

<https://youtu.be/gYDPsSv0eus>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

Stand legs together, arms on knees, bent and Stretch upward in 2 counts each = one repetition

YouTube Link:

<https://youtu.be/Z9OVohAZpx4>



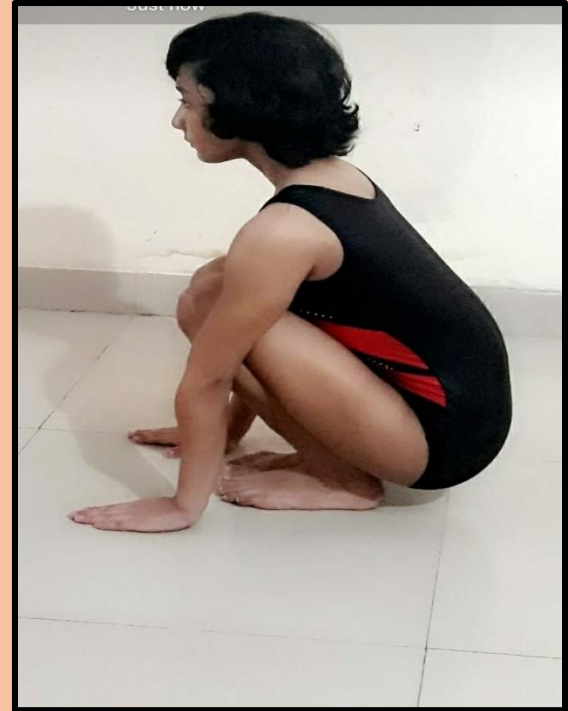
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

Sit in full squat position
with heel touch on floor.
Hold

YouTube Link:

<https://youtu.be/cbPTayRRumY>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

Front long support
position stretch body with
head backward up and
torsion the body left and
right with turning of
shoulders = one
repetition

YouTube Link:

<https://youtu.be/yIZl3k1fua0>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Warm Up Exercises with Music

In sitting position, rotate left and right ankle with the support of arms each = one repetition

YouTube Link:

<https://youtu.be/vPg4OgJzoqg>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Basic Ballet Positions, Kicks and Leg Swings

S. No.	Exercise Description	No. of Rep / Seconds
1	Showing ballet basic positions: 0, 1, 2, 3, 4 and 5 and holding each positions with support of chair.	5 sec. each
2	In each basic positions 1, 2, 3, 4 and 5 squats (Plie) and raising on toes (releve) with support of chair.	5 times each
3	In Basic position 3, leg kicks at 45 degrees forward, sideward and backward with support of chair.	10 times each
4	In 0 position, swinging of legs forward, backward and side (left and right) above the shoulders with support of chair.	10 times each

Rest: 2 minutes

Basic Ballet Positions, Kicks And Leg Swings

Showing ballet basic positions: 0, 1, 2, 3, 4 and 5 and holding each positions with support of chair.



YouTube Link:

<https://youtu.be/I671PiTClsw>

JOIN GYMNASTICS FOR OLYMPIC HONOUR

Basic Ballet Positions, Kicks And Leg Swings

In each basic positions 1, 2, 3, 4 and 5 squats (Plie) and raising on toes (releve) with support of chair.

YouTube Link:

<https://youtu.be/Ue3awLy2CnU>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Basic Ballet Positions, Kicks And Leg Swings

In Basic position 3, leg kicks at 45 degrees forward, sideward and backward with support of chair.

YouTube Link:

<https://youtu.be/LIryN3XAVyg>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Basic Ballet Positions, Kicks And Leg Swings

In 0 position, swinging of legs forward, backward and side (left and right) above the shoulders with support of chair.

YouTube Link:

<https://youtu.be/rBi3889Luyg>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises In Continuation

S. No.	Exercise Description	No. of Rep / Seconds
1	Running on spot with arms forward and backward, Jogging on spot with arms movements Forward and Backward	10 sec.
2	Running with heel Kick back.	10 sec.
3	Running with high knee	10 sec.
4	Running with high knee side to side	10 sec.
5	Scissor jumps arms forward and backward.	10 sec.
6	Fast running on spot with rotation 360 degree	10 sec.
7	Hoping on one leg.	10 sec.
8	Kicking forward one leg bent with and clap and same way with straight each x 5 times	10 sec.
9	Hoping on one leg and swinging another leg sideways with alternate arms swinging forward, sideward and both arm rotation	10 sec.
10	Running on spot with heel kick back four times and jumping jack twice.	10 sec.
11	Alternate arms and legs jump	10 sec.
12	Hop on spot with body twisting with arms in front of Chest.	10 sec.
13	Straight spot Jump five times with arms up and followed by jump with alternate arms shifting on hip, shoulder and up over the head and clap and come back in same sequence down three times	10 sec.
14	Straight spot Jump forward, backward and side by side five times with arms up and followed by jump with alternate arms shifting on hip, shoulder and up over the head and clap and come back in same sequence down three times .	10 sec.
15	Candle stand to roll forward squat to jump	10 sec.

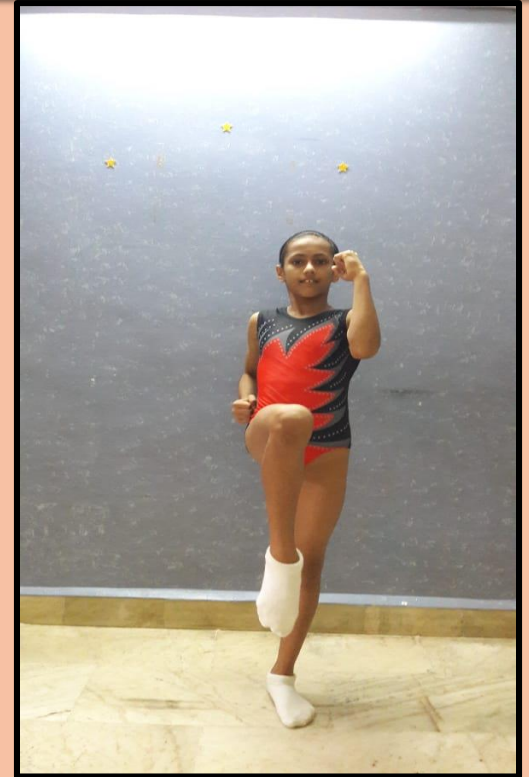
Rest: 2 minutes

Cardiovascular Exercises

Running on spot with arms forward and backward, Jogging on spot with arms movements Forward and Backward

YouTube Link:

https://youtu.be/-WU_uZ2TC1I



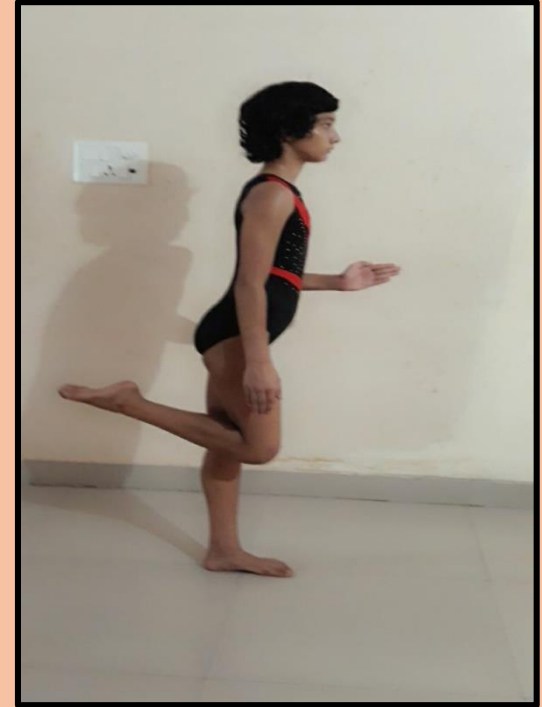
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Running with heal Kick back.

YouTube Link:

https://youtu.be/W3sKbKCyd_g



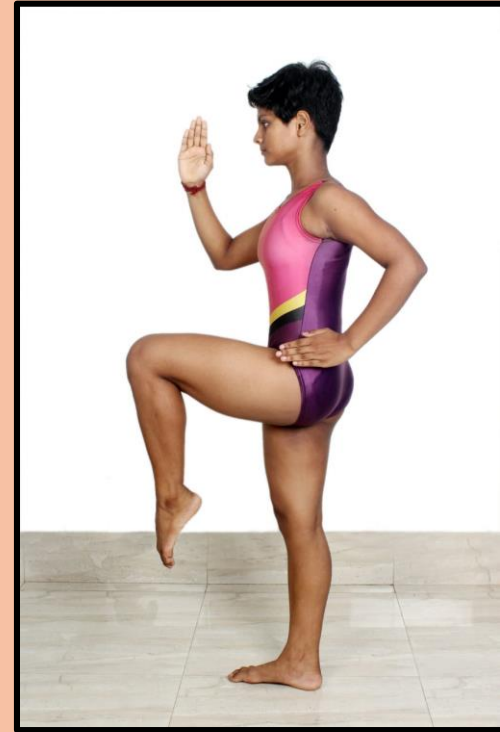
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Running with high knee

YouTube Link:

https://youtu.be/QUeZ_yc0rCs



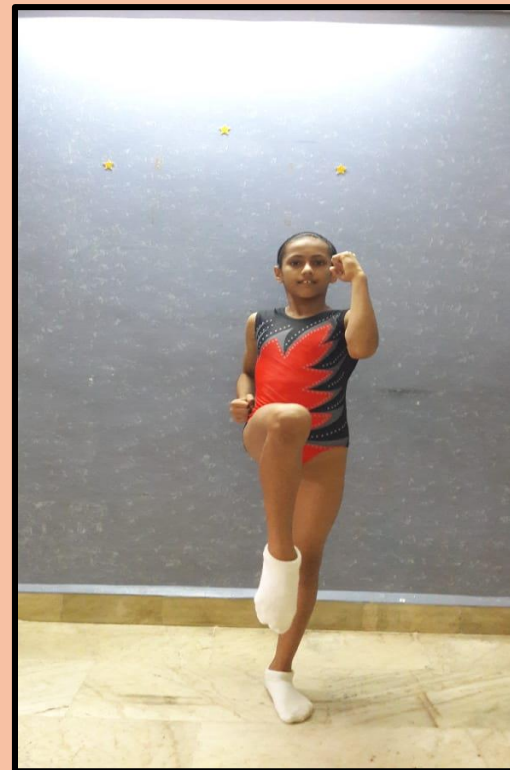
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Running with high knee side to side

YouTube Link:

<https://youtu.be/rCiYMBNKtQI>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Scissor jumps arms forward and backward.

YouTube Link:

<https://youtu.be/O9HIzTv8jSw>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Fast running on spot with rotation 360 degree

YouTube Link:

<https://youtu.be/cKSkO8oMp44>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Hoping on one leg.

YouTube Link:

<https://youtu.be/fA6M2esRCQQ>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Kicking forward one leg bent with and clap and same way with straight each x 5 times

YouTube Link:

https://youtu.be/SvZV_7D6jwA



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Hopping on one leg and swinging another leg sideways with alternate arms swinging forward, sideward and both arm rotation

YouTube Link:

<https://youtu.be/CCj7slPFMW0>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Running on spot with heel kick back four times and jumping jack twice.

YouTube Link:

<https://youtu.be/OsYnivaq7R4>



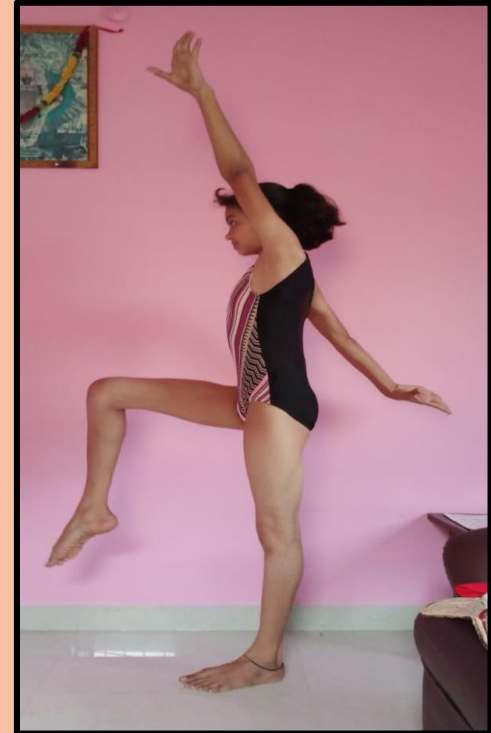
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Alternate arms and legs jump

YouTube Link:

https://youtu.be/-HfvCCf_1JQ



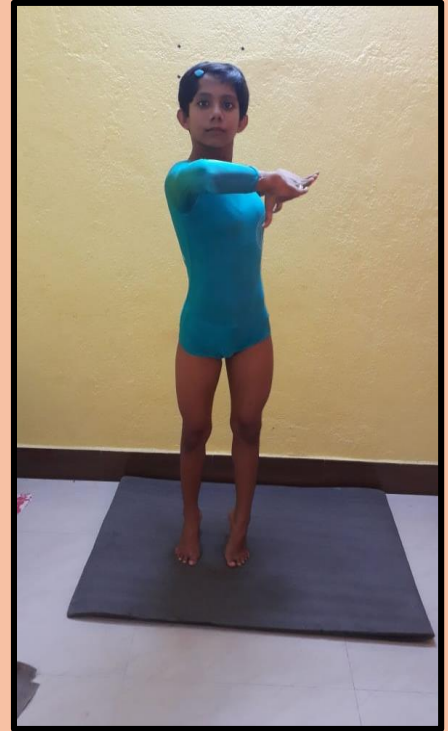
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Hop on spot with body twisting with arms in front of Chest.

YouTube Link:

<https://youtu.be/no6qli5IjcM>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Straight spot Jump five times with arms up and followed by jump with alternate arms shifting on hip, shoulder and up over the head and clap and come back in same sequence down three times

YouTube Link:

<https://youtu.be/UQj57AlvKIo>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Straight spot Jump forward, backward and side by side five times with arms up and followed by jump with alternate arms shifting on hip, shoulder and up over the head and clap and come back in same sequence down three times.

YouTube Link:

<https://youtu.be/9q3uD9gOomM>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Cardiovascular Exercises

Candle stand to roll forward squat to jump



YouTube Link:

[https://youtu.be/ oLTzNHexyg](https://youtu.be/oLTzNHexyg)

JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises with Chair

S. No.	Exercise Description	Time (Hold)
1	'L' hold with folded legs at the edge of chair	10 sec.
2	Forward Plank hold, legs on chair and hands on floor	10 sec.
3	Backward Plank hold, legs on chair	10 sec.
4	Sideward plank with legs apart, one leg support on chair and on one hand at the floor	10 sec.
5	Mountain position with legs support on chair (Hold)	10 sec

Static Exercises (Free)

S.No.	Exercise Description	Time (Hold)
1	One hand and one leg Knee balance with opposite leg and hand in the air at horizontal position (Hold)	10 sec.
2	Banana balance on chest hands forward (Hold)	10 sec
3	Laying on back and over stretch hands side (Hold)	10 sec.
4	Front Support with one leg between the hands and raise one hand up and same with other leg.	10 Sec each
5	'V' position with wall support (Hold)	10 Sec.
6	Half Hand stand with straddle legs with wall support (Hold)	10 sec

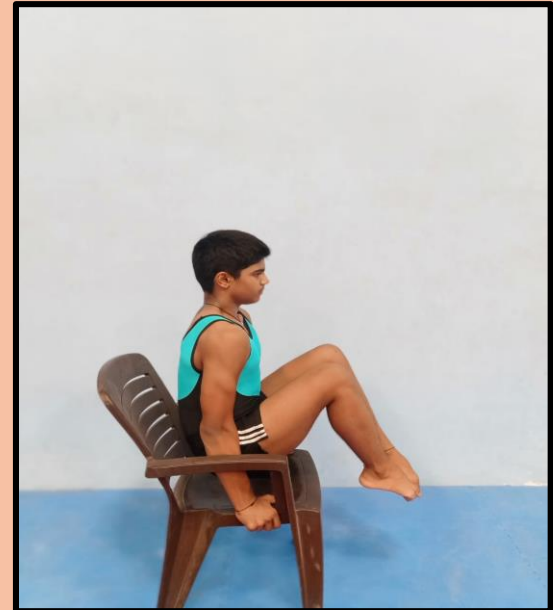
Rest: 2 minutes

Static Exercises with Chair

‘L’ hold with folded legs at the edge of chair

YouTube Link:

<https://youtu.be/AyIdpSGNAv0>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises with Chair

**Forward Plank
hold, legs on
chair and hands
on floor**

YouTube Link:

<https://youtu.be/QyXs4nB1e3U>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises with Chair

Backward Plank hold, legs on chair and hands on floor

YouTube Link:

<https://youtu.be/QyXs4nB1e3U>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises with Chair

**Sideward plank with legs apart,
one leg support on chair and on
one hand at the floor**

YouTube Link:

<https://youtu.be/kGAtCU-vF8c>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises with Chair

**Mountain position
with legs support
on chair (Hold)**

YouTube Link:

<https://youtu.be/edMW0pMqh6Y>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises (Free)

**One hand and one leg
Knee balance with
opposite leg and hand in
the air at horizontal
position (Hold)**

YouTube Link:

<https://youtu.be/XnRp0ZodiZ0>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises (Free)

**Banana balance on
chest hands
forward (Hold)**

YouTube Link:

<https://youtu.be/uR6GmoAtuCk>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises (Free)

**Laying on back and
over stretch hands
side (Hold)**

YouTube Link:

<https://youtu.be/pO3PEg11vnM>



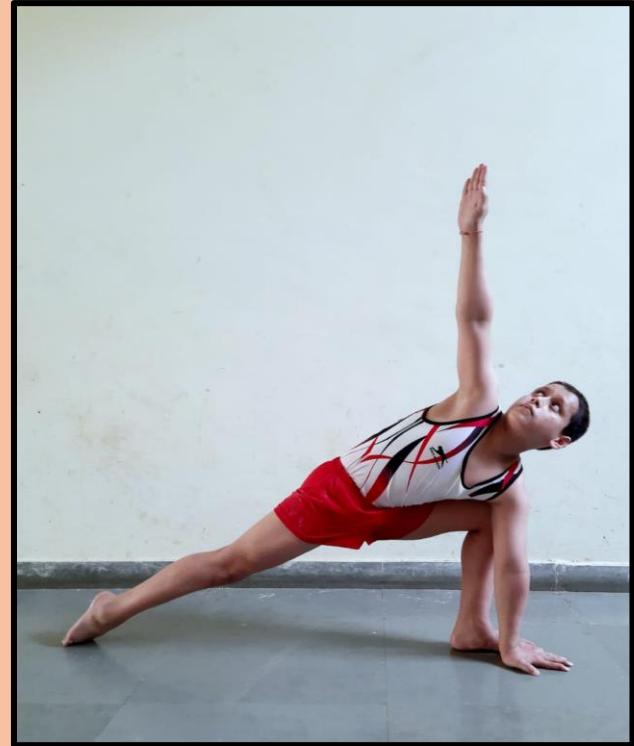
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises (Free)

Front Support with one leg between the hands and raise one hand up and same with other leg.

YouTube Link:

<https://youtu.be/oRYVLq4jYPs>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises (Free)

‘V’ position with
wall support
(Hold)

YouTube Link:

<https://youtu.be/5oaCRGLI0iM>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Static Exercises (Free)

Half Hand stand
with straddle
legs with wall
support (Hold)

YouTube Link:

<https://youtu.be/N6a5MRyFnmM>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises (With Chair)

S. No.	Exercise Description	No. of Rep / Seconds
1	One leg hop (left and right) with support of one leg on chair	X 10 each
2	Abdominal crunch with both legs support chair	X 10 each
3	Abdominal crunch with torsion of trunk left and right with both legs support on chair	X 10 each
4	Feet on chair with folded legs and up and down	X 10 each
5	Mountain position with knee support on chair and dips	X 10 each

Dynamic Exercises-I (With Objects)

S. No.	Exercise Description	No. of Rep / Seconds
1	Laying back with elbow support and crossing one leg over the object one by one	X 10
2	Sitting with folded legs on hips and crossing the object from one side to other side one by one and back	X 5
3	In back laying position hands over the head, and shift the object from hand to toe and from toe to hands	X 5
4	Alternate Jack Knife with one leg	X 5
5	Stand in lunging position with one leg forward bend and rear leg on knee and Keep the objects at one side and shift the objects one by one to other side with jump and back to original position	X 5
6	Keep two objects parallel (more than shoulder distance). From front support position to hope forward and backward	X 5
7	Keep three objects in one line at shoulder width. From one end in front support position cross each object by hoping sideward. (left and right)	X 5

Rest: 2 Minutes

Dynamic Exercises-II (With Objects)

S. No.	Exercise Description	No. of Rep / Seconds
1	Holding one object with straight hands and from squat position jump up with one leg kick forward alternate (left and Right)	X 5
2	Holding one object with straight hands and from squat position jump up with one leg kick sideward alternate (left and Right)	X 5
3	Holding one object with straight hands and from squat position jump up with one leg kick backward alternate (left and Right)	X 5
4	From Back support position on elbows, open and close the legs (straight)	X 5
5	From Front support position on elbows, open and close the legs (straight)	X 5
6	Straddle legs sitting position, kick the single leg alternate	X 5 each
7	Straddle legs sitting position, kick both the legs together	X 5
8	Long sitting position Stretch toe together and finger open and close and alternate	X 5 each

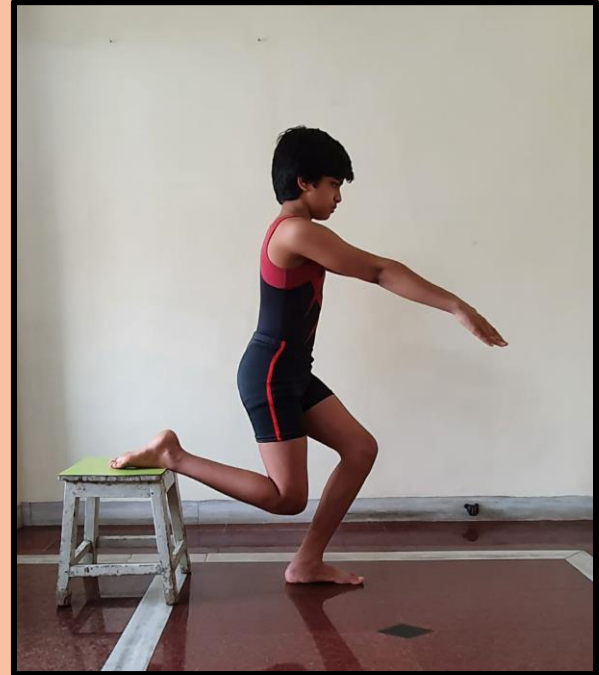
Rest: 2 Minutes

Dynamic Exercises (With Chair)

One leg hop (left and right) with support of one leg on chair

YouTube Link:

<https://youtu.be/HjfdQHGXZk>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises (With Chair)

Abdominal crunch
with both legs support
chair

YouTube Link:

<https://youtu.be/smaoU9TCOxI>



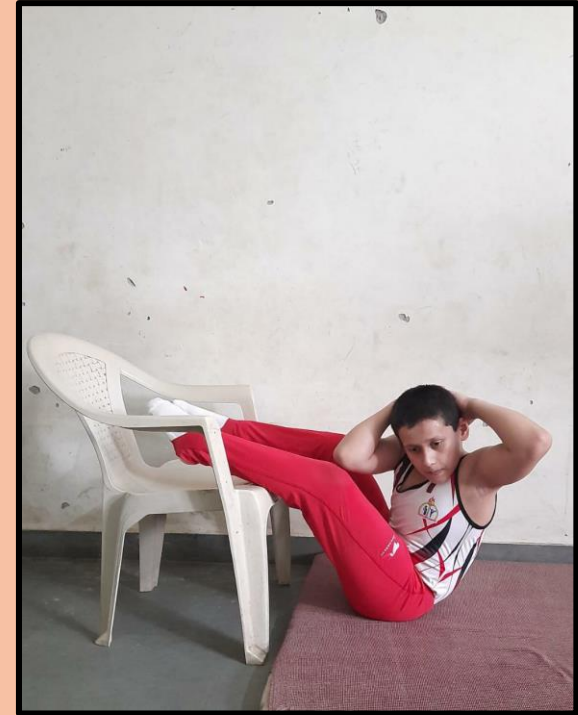
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises (With Chair)

Abdominal crunch
with torsion of
trunk left and
right with both
legs support on
chair

YouTube Link:

<https://youtu.be/YbmVOzz2TS0>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises (With Chair)

Feet on chair with folded legs and up and down

YouTube Link:

<https://youtu.be/5rsCDxQuBzA>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises (With Chair)

Mountain position with
knee support on chair
and dips

YouTube Link:

https://youtu.be/Ue_o8FfCvgE



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-I (With Objects)

Laying back with elbow support and crossing one leg over the object one by one

YouTube Link:

<https://youtu.be/X6-eHshN7g0>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-I (With Objects)

Sitting with folded legs on hips and crossing the object from one side to other side one by one and back

YouTube Link:

<https://youtu.be/pmfAh-jNu2o>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-I (With Objects)

In back laying position hands over the head, and shift the object from hand to toe and from toe to hands

YouTube Link:

<https://youtu.be/oO-DOT96bRk>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-I (With Objects)

**Alternate Jack Knife
with one leg**

YouTube Link:

<https://youtu.be/zKoAaVzDaWw>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-I (With Objects)

Stand in lunging position with one leg forward bend and rear leg on knee and Keep the objects at one side and shift the objects one by one to other side with jump and back to original position

YouTube Link:

<https://youtu.be/VnMBMluA-ew>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-I (With Objects)

Keep two objects parallel (more than shoulder distance). From front support position to hop forward and backward

YouTube Link:

<https://youtu.be/FHUeLUyPZ6I>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-I (With Objects)

Keep three objects in one line at shoulder width. From one end in front support position cross each object by hopping sideward. (left and right)

YouTube Link:

<https://youtu.be/cFtjLf135WA>



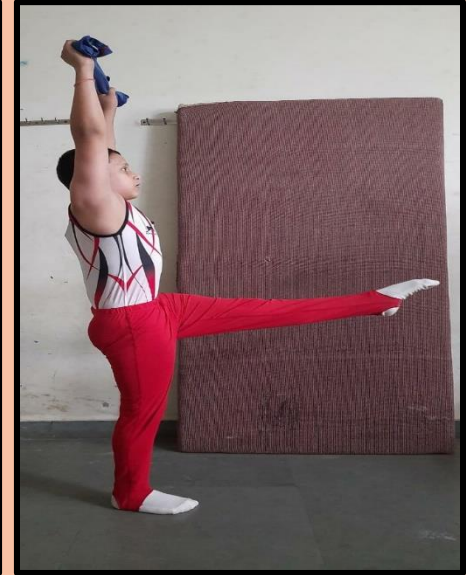
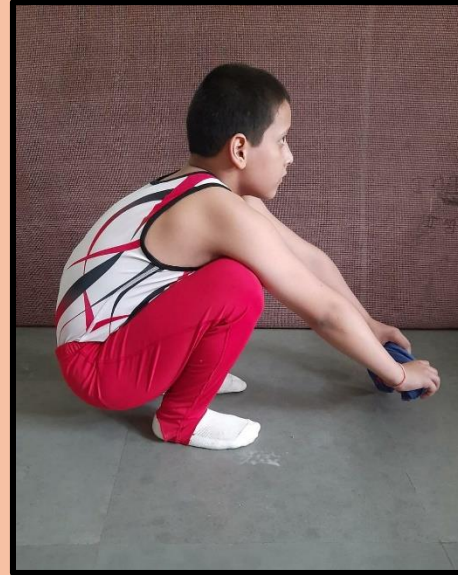
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-II (With Objects)

Holding one object with straight hands and from squat position jump up with one leg kick forward alternate (left and Right)

YouTube Link:

https://youtu.be/7_nxlpVpEfg



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-II (With Objects)

Holding one object with straight hands and from squat position jump up with one leg kick sideward alternate (left and Right)

YouTube Link:

https://youtu.be/7_nxlpVpEfg



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-II (With Objects)

Holding one object with straight hands and from squat position jump up with one leg kick backward alternate (left and Right)

YouTube Link:

https://youtu.be/7_nxlpVpEfg



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-II (With Objects)

From Back support position on elbows, open and close the legs (straight)

YouTube Link:

<https://youtu.be/nEkDeggRVOQ>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-II (With Objects)

From Front support position on elbows, open and close the legs (straight)

YouTube Link:

<https://youtu.be/nEkDeggRVOQ>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-II (With Objects)

Straddle legs sitting position, kick the single leg alternate

YouTube Link:

<https://youtu.be/23ffEN8iApc>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-II (With Objects)

Straddle legs sitting position, kick both the legs together



YouTube Link:

<https://youtu.be/23ffEN8iApc>

JOIN GYMNASTICS FOR OLYMPIC HONOUR

Dynamic Exercises-II (With Objects)

Long sitting position Stretch
toe together and finger
open and close and
alternate



YouTube Link:

<https://youtu.be/S2diqg4Fpi0>

JOIN GYMNASTICS FOR OLYMPIC HONOUR

Flexibility Exercises

S. No.	Exercise Description	Time (Hold)
1	Stretching hip joint in long lunging position, hands on floor	10 Sec.
2	Sit on one leg on knee and other leg straight and bend forward, hands on floor	10 Sec.
3	Split sitting in all three direction	5 sec. each side
4	Straddle legs and touch chest on floor	10 sec.
5	Bend forward with straight legs and hands on floor and bend rear leg and lean backward	10 sec
6	From long sitting position fold one leg forward and rear leg straight and bend forward	10 Sec.
7	Spilt leg with the support of wall, Hands on floor.	10 Sec
8	Shav Aasana	120 sec.

Note: - This is a first week program and for the subsequent week the repetition and holding times of an exercise will increase per week.

Flexibility Exercises

Stretching hip joint in long lunging position, hands on floor

YouTube Link:

<https://youtu.be/0b-HMqCJSn0>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Flexibility Exercises

Sit on one leg on knee and other leg straight and bend forward, hands on floor

YouTube Link:

<https://youtu.be/Hy-enUU4fJs>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Flexibility Exercises

Split sitting in all three direction



YouTube Link:

<https://youtu.be/5d23BNvzXb8>

JOIN GYMNASTICS FOR OLYMPIC HONOUR

Flexibility Exercises

Straddle legs and touch
chest on floor

YouTube Link:

<https://youtu.be/zdZ8mndAh2I>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Flexibility Exercises

Bend forward with straight legs and hands on floor and bend rear leg and lean backward

YouTube Link:

<https://youtu.be/sXX700RFKB4>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Flexibility Exercises

From long sitting position fold one leg forward and rear leg straight and bend forward

YouTube Link:

https://youtu.be/sH9GDY_gon0



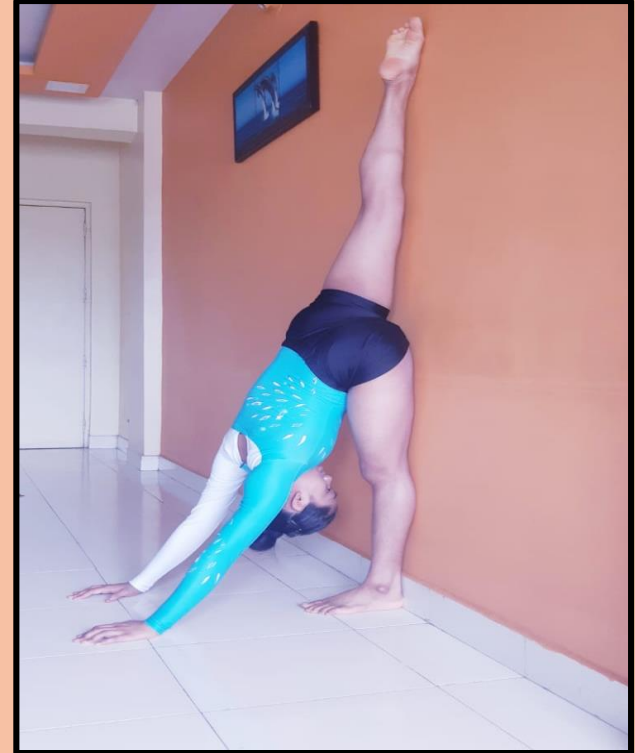
JOIN GYMNASTICS FOR OLYMPIC HONOUR

Flexibility Exercises

Spilt leg with
the support of
wall, Hands on
floor.

YouTube Link:

<https://youtu.be/pecCFBoqavM>



JOIN GYMNASTICS FOR OLYMPIC HONOUR

Flexibility Exercises

Shav Aasana



YouTube Link:

<https://youtu.be/Q4lkt1uWzqI>

JOIN GYMNASTICS FOR OLYMPIC HONOUR



STAY
HOME

STAY SAFE

JOIN GYMNASTICS FOR OLYMPIC HONOUR

Thank you...!

Email ID : grassrootgymnastics@gmail.com