



# 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](mailto: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



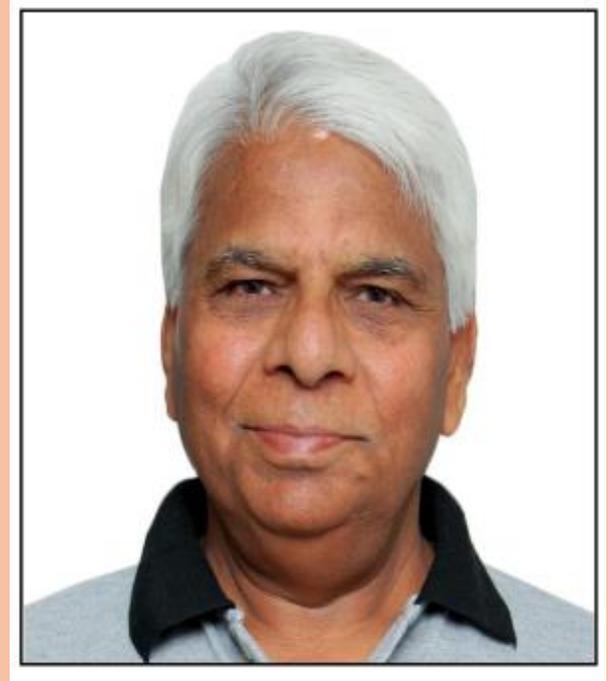
**MR. ROHIT JAISWAL**  
EXPERT



# 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



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# 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.**



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# 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



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# 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.



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# 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



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# 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



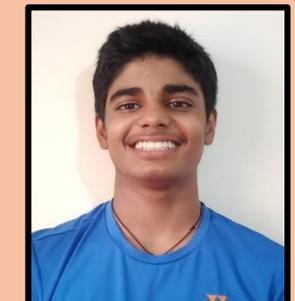
AADHAYAN DESAI MH



MANN KOTHARI MH



VEDANT HUMARMALEKAR



RUDRA PRATAP SINGH  
HR

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# 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

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# 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.

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# 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.**

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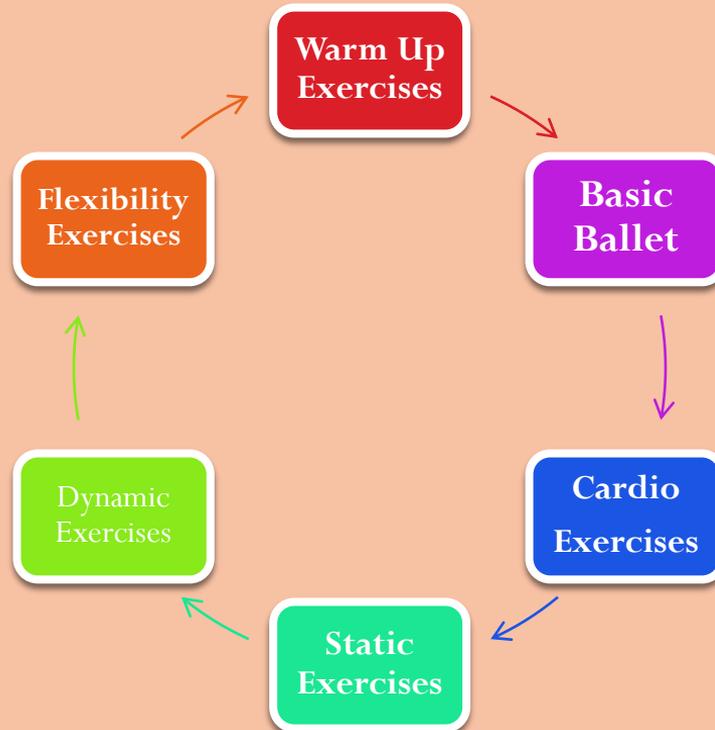
# MOST IMPORTANT INSTRUCTIONS

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.

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# GENERAL FITNESS PROGRAM



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# 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

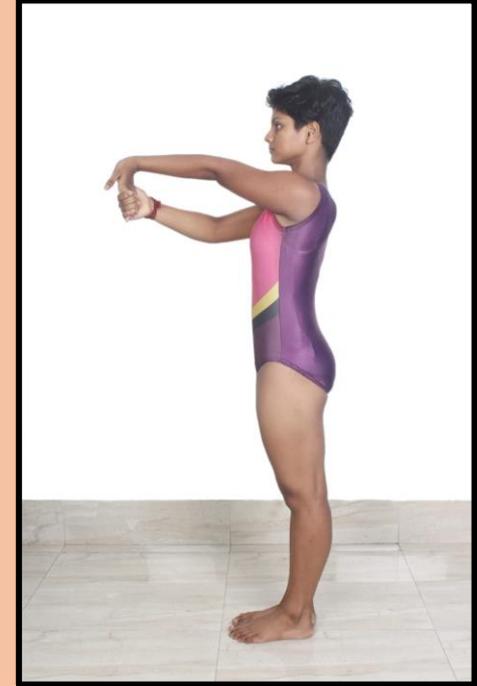
**Rest: 2 minutes**

# 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](https://youtu.be/XGaObe1dA_c)



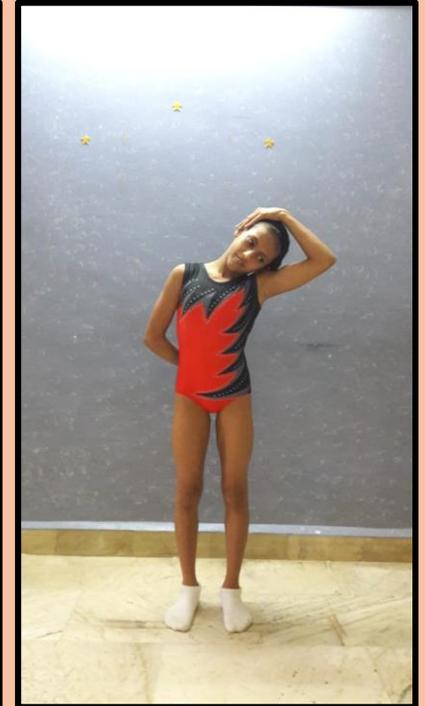
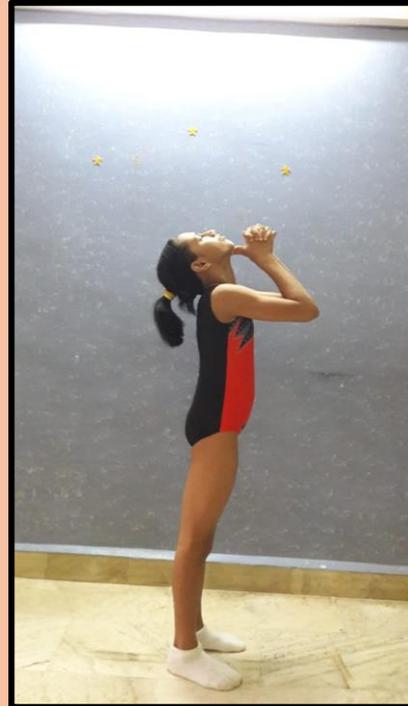
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# Warm Up Exercises with Music

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

YouTube Link:

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



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# 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>



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# 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>



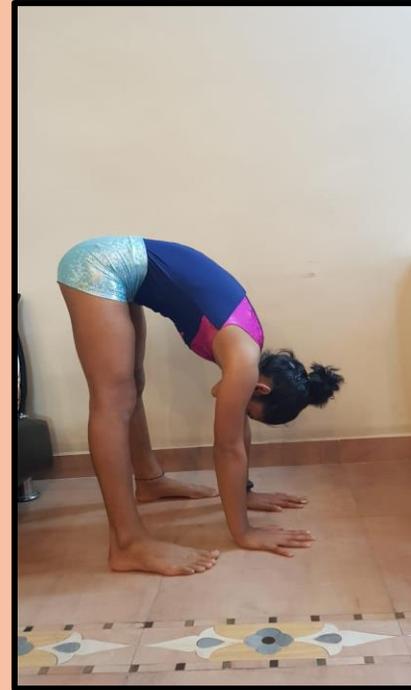
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# Warm Up Exercises with Music

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>



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# 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>



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# 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>



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# 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 <b>five times</b> 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 <b>three times</b>	10 sec.
14	Straight spot Jump forward, backward and side by side <b>five times</b> 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 <b>three times</b> .	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](https://youtu.be/-WU_uZ2TC1I)**



**JOIN GYMNASTICS FOR OLYMPIC HONOUR**

# Cardiovascular Exercises

**Running with heel Kick back.**

**YouTube Link:**

[https://youtu.be/W3sKbKCyd\\_g](https://youtu.be/W3sKbKCyd_g)



**JOIN GYMNASTICS FOR OLYMPIC HONOUR**

# Cardiovascular Exercises

**Running with high knee**

**YouTube Link:**

[https://youtu.be/QUeZ\\_yc0rCs](https://youtu.be/QUeZ_yc0rCs)



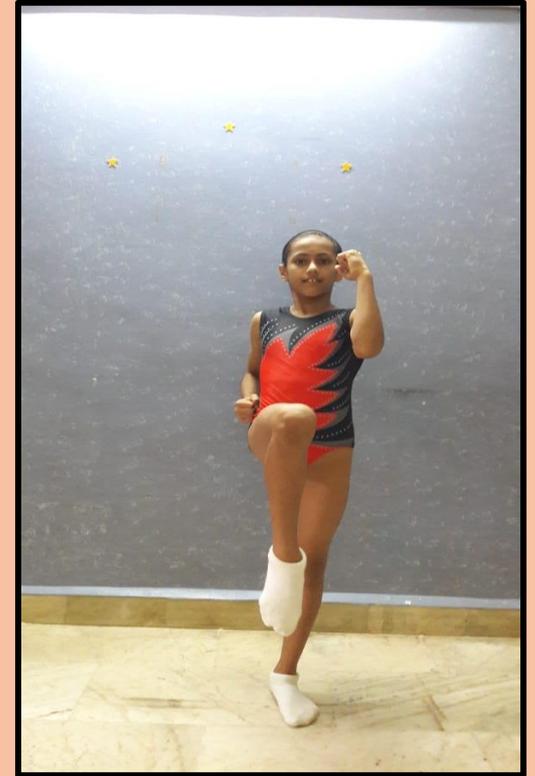
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# Cardiovascular Exercises

**Running with high knee side to side**

**YouTube Link:**

<https://youtu.be/rCiYMBNKtQI>



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# Cardiovascular Exercises

**Scissor jumps arms forward and backward.**

**YouTube Link:**

<https://youtu.be/O9HIzTv8jSw>



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# Cardiovascular Exercises

**Fast running on spot with rotation 360 degree**

**YouTube Link:**

<https://youtu.be/cKSkO8oMp44>



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# Cardiovascular Exercises

Hoping on one leg.

YouTube Link:

<https://youtu.be/fA6M2esRCQQ>



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# 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](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/CCj7sIPFMW0>



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# 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](https://youtu.be/-HfvCCf_1JQ)



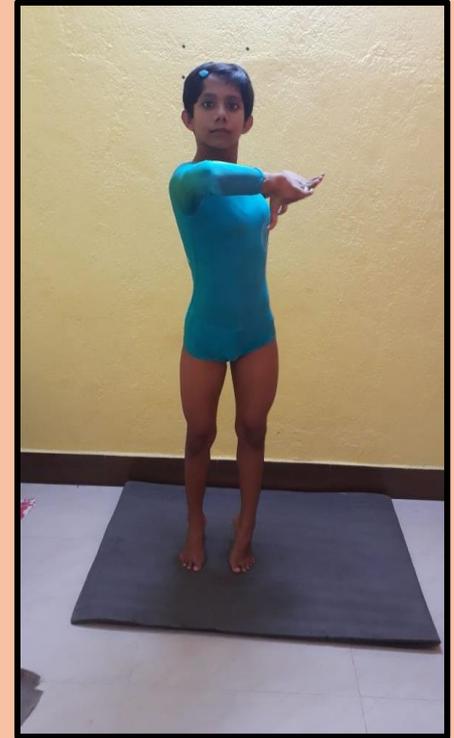
**JOIN GYMNASTICS FOR OLYMPIC HONOUR**

# 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>**



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# Cardiovascular Exercises

**Candle stand to roll forward squat to jump**



**YouTube Link:**

<https://youtu.be/oLTzNHexyg>

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# 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

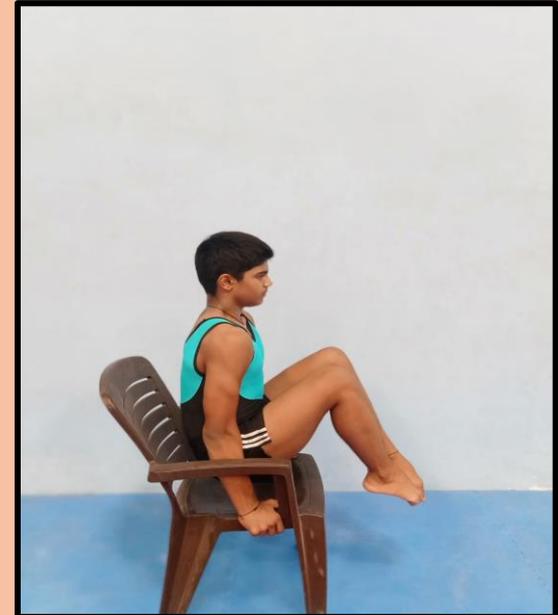
**Rest: 2 minutes**

# 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 hop 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 <b>forward</b> alternate (left and Right)	X 5
2	Holding one object with straight hands and from squat position jump up with one leg kick <b>sideward</b> alternate (left and Right)	X 5
3	Holding one object with straight hands and from squat position jump up with one leg kick <b>backward</b> 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

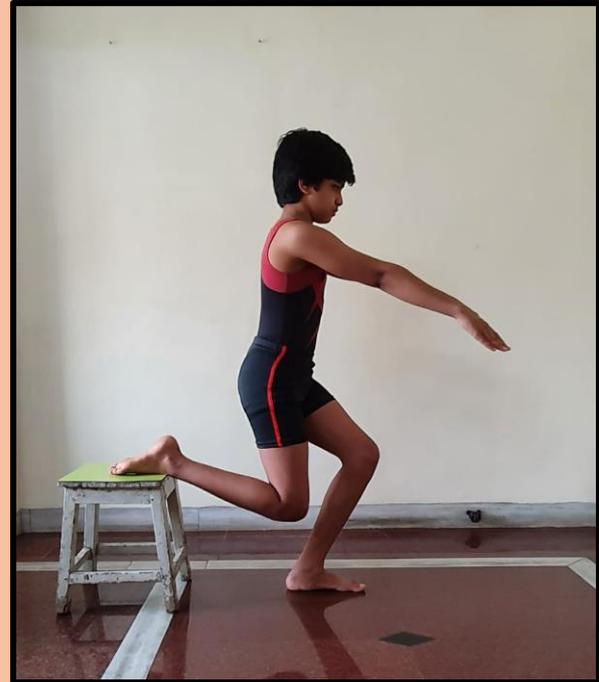
**Rest: 2 Minutes**

# 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>



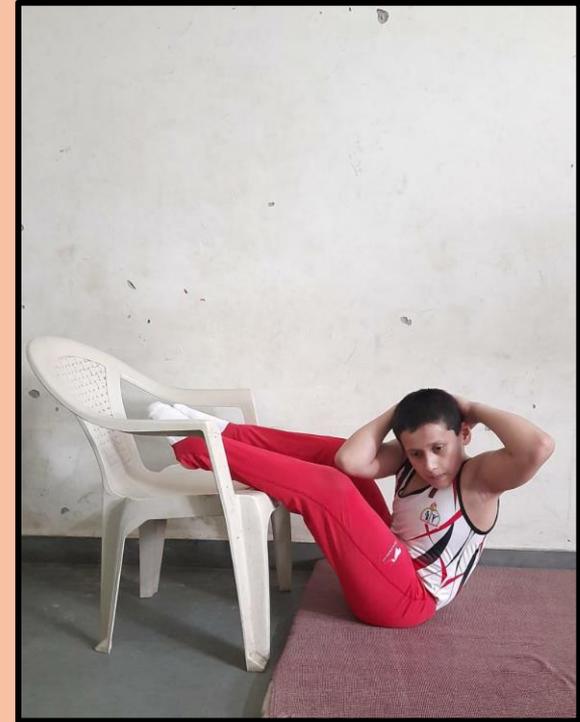
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# Dynamic Exercises (With Chair)

**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>



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# Dynamic Exercises (With Chair)

Mountain position with  
knee support on chair  
and dips

YouTube Link:

[https://youtu.be/Ue\\_o8FfCvgE](https://youtu.be/Ue_o8FfCvgE)



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# 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>



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# 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>



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# 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>



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# Dynamic Exercises-I (With Objects)

**Alternate Jack Knife  
with one leg**

**YouTube Link:**

<https://youtu.be/zKoAaVzDaWw>



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# 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>



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# 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>



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# 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/cFtjLfl35WA>



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# 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](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](https://youtu.be/7_nxlpVpEfg)



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# 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](https://youtu.be/7_nxlpVpEfg)



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# Dynamic Exercises-II (With Objects)

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

YouTube Link:

<https://youtu.be/nEkDeggRVOQ>



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# Dynamic Exercises-II (With Objects)

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

YouTube Link:

<https://youtu.be/nEkDeggRVOQ>



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# Dynamic Exercises-II (With Objects)

Straddle legs sitting position, kick the single leg alternate

YouTube Link:

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



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# Dynamic Exercises-II (With Objects)

**Straddle legs sitting position, kick both the legs together**



**YouTube Link:**

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

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# Dynamic Exercises-II (With Objects)

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



**YouTube Link:**

<https://youtu.be/S2diqg4Fpi0>

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# 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>



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# 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>



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# Flexibility Exercises

Split sitting in all three direction



**YouTube Link:**

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

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# Flexibility Exercises

Straddle legs and touch chest on floor

YouTube Link:

<https://youtu.be/zdZ8mndAh2I>



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# Flexibility Exercises

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

**YouTube Link:**

<https://youtu.be/sXX700RFKB4>



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# Flexibility Exercises

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

**YouTube Link:**

[https://youtu.be/sH9GDY\\_gon0](https://youtu.be/sH9GDY_gon0)



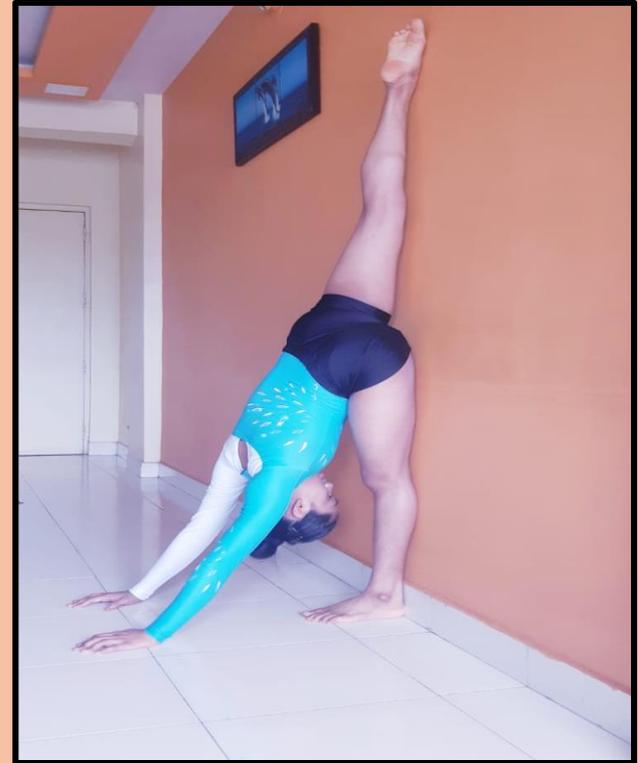
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# Flexibility Exercises

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

YouTube Link:

<https://youtu.be/pecCFBoqavM>



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# Flexibility Exercises

Shav Aasana



YouTube Link:

<https://youtu.be/Q4lkt1uWzqI>

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**STAY**  
**HOME**

**STAY SAFE**

**JOIN GYMNASTICS FOR OLYMPIC HONOUR**

**Thank you...!**

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