



# SPORTS AUTHORITY OF INDIA

जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |



*Online Coaching & Education Programme  
in Artistic Gymnastics*

For Grass Root-Level Under

# ‘Khel Pathshala’

Training Module Part-II

Email ID : [grassrootgymnastics@gmail.com](mailto:grassrootgymnastics@gmail.com)





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

# Khel Pathshala



**R N MANGLA**  
EXPERT



**NIRBHAYA SINGH**  
PROGRAM DIRECTOR



**DR. R. K. PATHANIA**  
PROGRAM CO-ORDINATOR



**SANDHYA KAUL**  
EXPERT



**LAKHAN SHARMA**  
RESOURCE PERSON



**DR. P. RAVINDRA KUMAR**  
EXPERT



**ROHIT JAISWAL**  
EXPERT

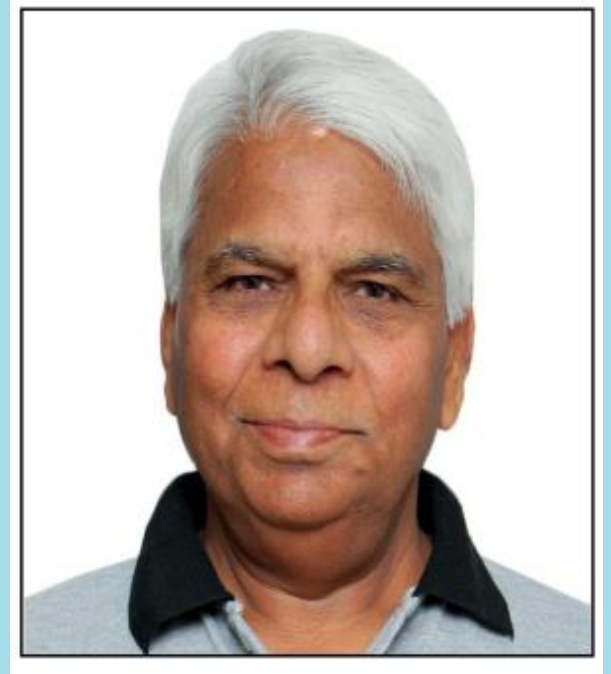


**DR. C.K. MISHRA**  
RESOURCE PERSON

# 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

**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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# 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. R. RAVINDRA KUMAR

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.

Participated in International Tournaments.



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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.
- Only 2x3 meter indoor or outdoor space with anti slippery carpet, one pillow & two wooden stick of one feet with a diameter of 28 mm or rope is required for training.

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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

General Fitness Program



Mobility And Warm Up



Conditioning Through Special Drills



Flexibility And Recovery

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# Mobility and Stretching

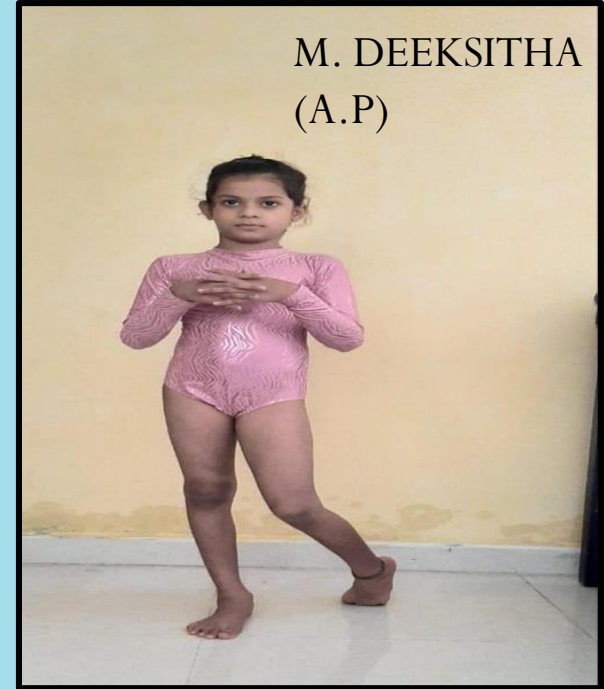
Sr.No.	Exercise description	No. Of Repetitions
1	Rotation of Wrist forward x4 and left ankle anticlockwise x4 simultaneously and rotation of wrist Backward x4 and left ankle clockwise x4 and same with other leg change leg = one repetition	x 2
2	Stand Legs apart shoulder rotation only (without hand rotation) alternate one by one four times forward & Backward = one rep.	X 2
3	Shoulder rotation Fwd together with two step sideward walk left side and neck rotation side by side two times. And same towards right side =one Rep.	X 2
4	Stand legs apart, lift left & right knee up(Hip Flexion) alternate and same at the back side (hip Extension) .=one rep.	X 2
5	Stand legs apart with arms side and slight bent knee, Trunk bending Fwd with touching left knee with right elbow and in opposite side in two counts and on third and fourth count come up and throw right arm twice in diagonal direction. And same in other side. = one Rep.	X 2
6	Stretch body upward on toe with hand locked up and move fwd and Bawd four step.	X 2
7	Hip stretch in fwd and bawd lunging position hand sideways.	X 2
8	Half squat with legs apart and hand on knees and torsion of trunk (shoulders left and right.) =one rep.	X 2
9	Sit on knees and weight on wrist and stretch in all directions.	X 2 each

# Mobility and Stretching

Rotation of Wrist Forward x 4 and left ankle anticlockwise x 4 simultaneously and rotation of wrist Backward x 4 and left ankle clockwise x 4 and same with other leg change leg = one repetition

YouTube Link:

<https://youtu.be/Mz3OAxX7Yds>



M. DEEKSITHA  
(A.P)

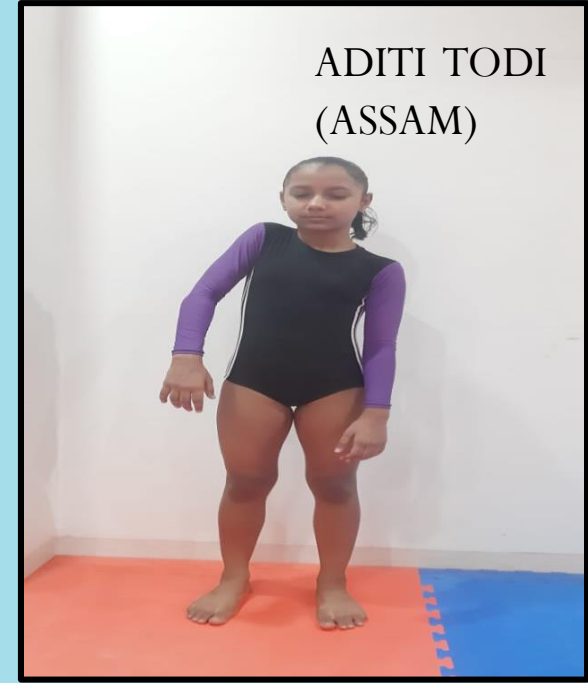
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# Mobility and Stretching

Stand Legs apart shoulder rotation only (without hand rotation) alternate one by one four times Forward & Backward = one rep.

YouTube Link:

<https://youtu.be/8nuSgBWbF6A>



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# Mobility and Stretching

Shoulder rotation forward together with two step sideward walk left side and neck rotation side by side two times. And same towards right side = one Rep.

**YouTube Link:**

<https://youtu.be/X-Wts15kw3Q>



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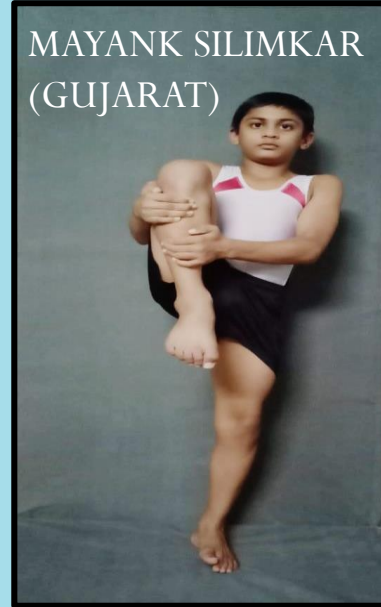
# Mobility and Stretching

Stand legs apart, lift left & right knee up(Hip Flexion) alternate and same at the back side (hip Extension) = one rep.

**YouTube Link:**

<https://youtu.be/HMLuIeE1kxw>

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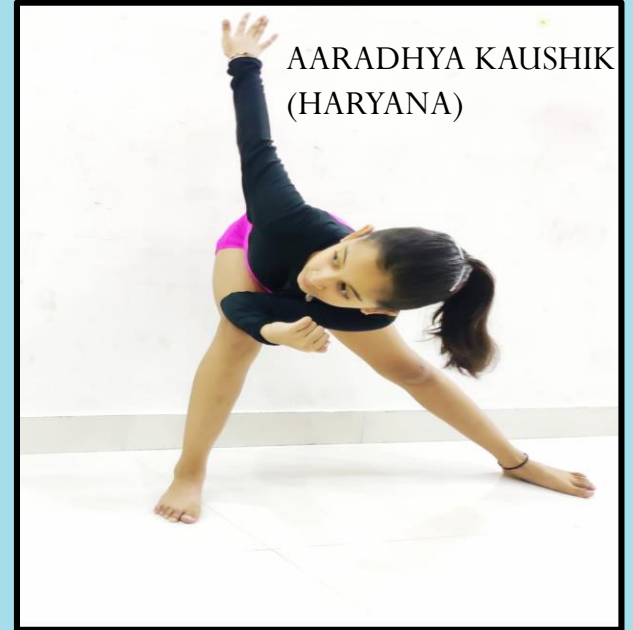


# Mobility and Stretching

Stand legs apart with arms side and slight bent knee, Trunk bending Forward with touching left knee with right elbow and in opposite side in two counts and on third and fourth count come up and throw right arm twice in diagonal direction. And same in other side = one Rep.

**YouTube Link:**

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



AARADHYA KAUSHIK  
(HARYANA)

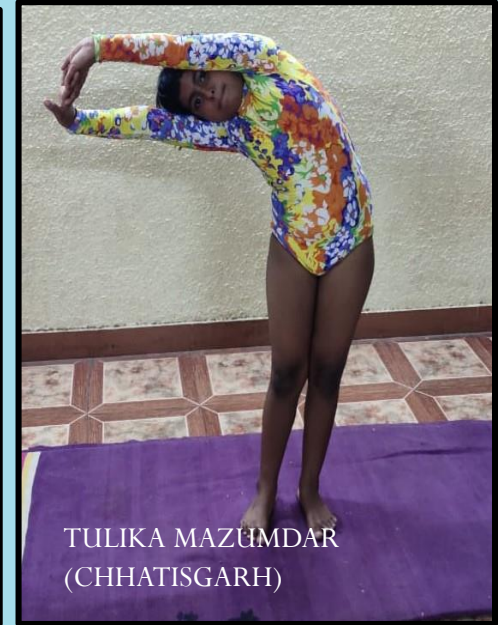
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# Mobility and Stretching

Stretch body upward on toe with hand locked up and move forward and Backward four steps.

YouTube Link:

<https://youtu.be/fnHeWWLi9HE>



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# Mobility and Stretching

**Hip stretch in forward and  
Backward lunging position hand  
sideways.**

**YouTube Link:**

**<https://youtu.be/MCTLQ3Pc6n8>**



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# Mobility and Stretching

Half squat with legs apart and hands on knees and torsion of trunk (shoulders left and right.) = one rep.

YouTube Link:

<https://youtu.be/fbmAQaxV-BU>



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# Mobility and Stretching

Sit on knees and weight on wrist and stretch in all directions.

YouTube Link:

<https://youtu.be/yqQWVT5yzj0>



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# Cardiovascular Exercises In Continuation

Sr.No.	Exercise description	No. Of Times/ seconds.
1	Jogging on spot with arms movements forward and backward	50 steps
2	High Knee running four steps left &right =one Rep.	4 times
3	Running on spot with heel kick back four times & two jumping jack & turn $\frac{1}{4}$ and repeat the same and complete the full circle .= one rep.	2 times
4	Hoping on one leg four times on left &right leg =one rep.	2 times

**Note:-** Two rounds, 45 seconds rest

# Cardiovascular Exercises In Continuation

Sr.No.	Exercise description	No. Of Times/ seconds.
<b>1</b>	a) Stand legs together hand down, raise left and right hand and touch on hip, shoulder and overhead alternate in eight counts. = one Rep.	X 2
	b) Same exercise with fast rhythm in eight counts.	X 2
	c) Same Exercise with hope jump. (Second Week)	X 2
	d) Same Exercise with hope Fwd., Bawd, side by side. ( Third & fourth week )	X 2
<b>2</b>	Stand on toes hand up, hope forward backward side by side = one Rep.	X 2
<b>3</b>	Hop Jump around mat on one leg with alternate hand raise up.	X 2 round
<b>4</b>	Squat Sit to rock back to candle stand and rock forward and jump up with arms swing and continue sit in Squat position = one repetition	X 4

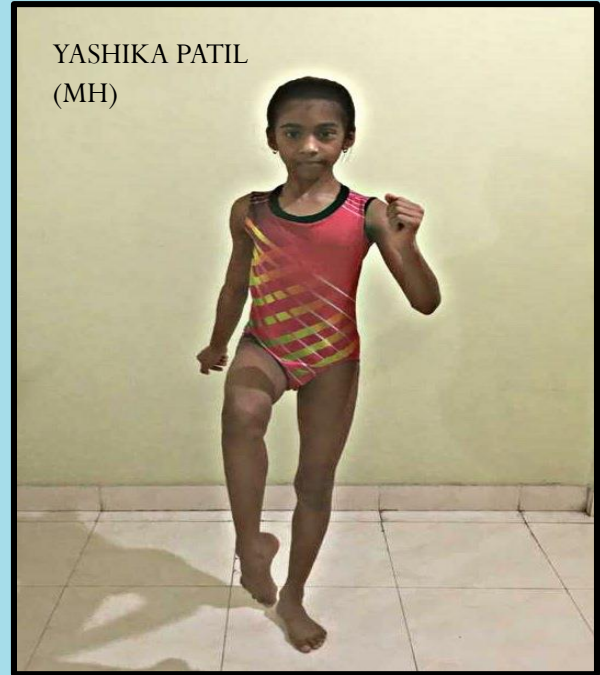
**Note:- Two rounds, 150 seconds rest**

# Cardiovascular Exercises

**Jogging on spot with  
arms movements  
forward and Backward**

**YouTube Link:**

**[https://youtu.be/-WU\\_uZ2TC1I](https://youtu.be/-WU_uZ2TC1I)**



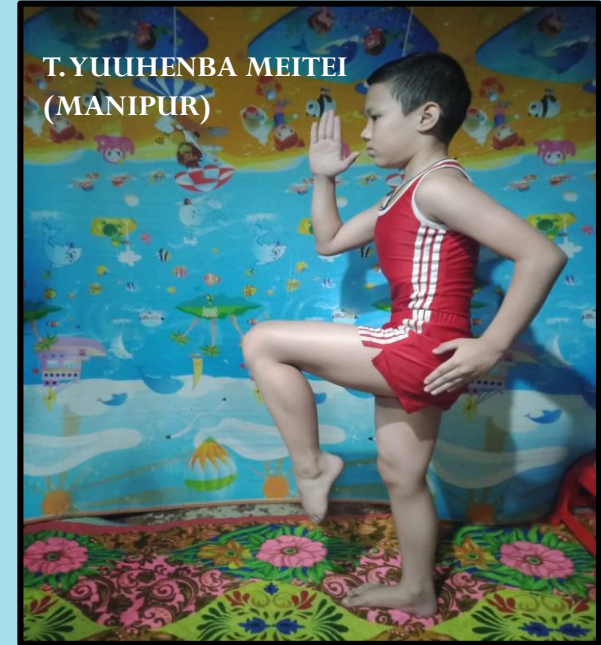
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# Cardiovascular Exercises

High Knee running four steps  
left & right = one Repetition

YouTube Link:

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



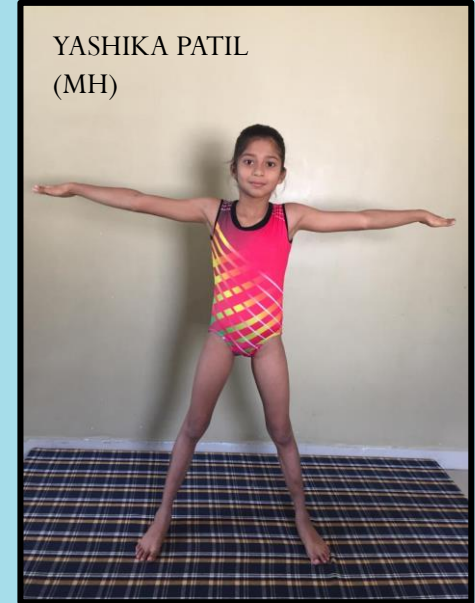
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# Cardiovascular Exercises

Running on spot with heel kick back four times & two jumping jack & turn  $\frac{1}{4}$  and repeat the same and complete the full circle = one rep.

YouTube Link:

<https://youtu.be/OsYnivaq7R4>



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# Cardiovascular Exercises

Hopping on one leg four  
times on left & right leg  
= one repetition

YouTube Link:

<https://youtu.be/fA6M2esRCQQ>



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# Cardiovascular Exercises

a) Stand legs together hands down, raise left and right hand and touch on hip, shoulder and overhead alternate in eight counts

= one Repetition

b) Same exercise with fast rhythm in eight counts.

c) Same Exercise with hop jump. (Second Week)

d) Same Exercise with hop Forward, Backward, and side by side. (Third & fourth week )

**YouTube Link:**

[https://youtu.be/PTxfc\\_xUpf0](https://youtu.be/PTxfc_xUpf0)



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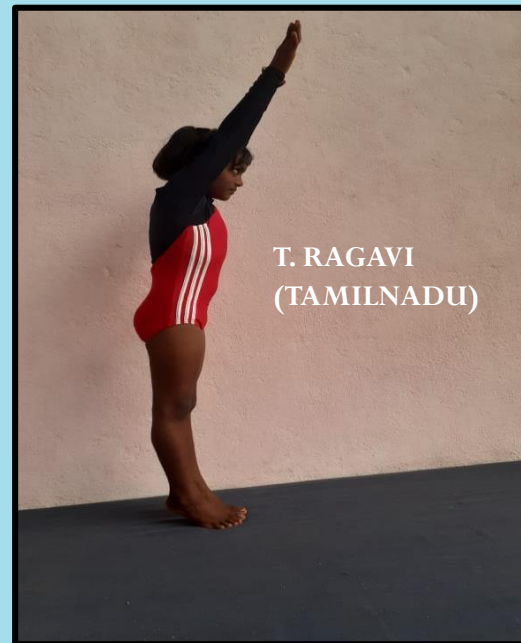


# Cardiovascular Exercises

Stand on toes hands up, hop forward, Backward and side by side = one Repetition

YouTube Link:

[https://youtu.be/3nos\\_0HyXy8](https://youtu.be/3nos_0HyXy8)



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# Cardiovascular Exercises

Hop Jump around mat  
on one leg with  
alternate hand raise up.

**YouTube Link:**

[https://youtu.be/-HfvCCf\\_1JQ](https://youtu.be/-HfvCCf_1JQ)



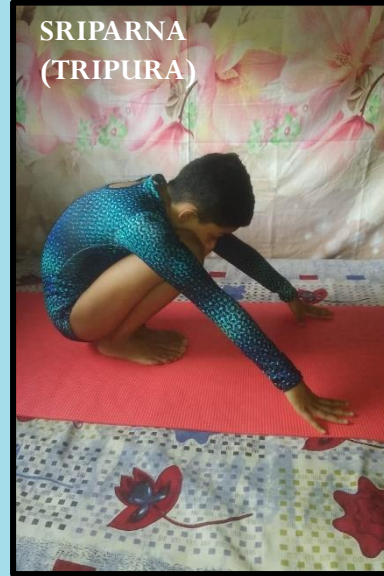
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# Cardiovascular Exercises

Squat Sit to rock back to candle stand and rock forward and jump up with arms swing and continue sit in Squat position = one repetition

**YouTube Link:**

<https://youtu.be/oLTzNHexyg>



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# Static Exercises ( Shaping of Body )

Sr.No.	Exercise description	Time (hold)
1	Squat sit on toes arms on floor.	10 sec.
2	Planks on Elbows hold Front, Back, Side (left & Right) each 5 Seconds.	20 sec.
3	Tripod (Head Stand, (1)Put head on pillow (2)Bring both legs close to hands (3)Lift seat up (4)Straight Trunk and legs and Hold	10 Sec.
4	Bipod , Bring one leg(Bend leg) over one hand and followed by second leg on another hand and hold.	5 Sec.
5	Candle Stand.( hands on Trunk)	10 Sec.
6	Hand Stand (facing the wall)with the help of wall going up one by one leg support hold 2 second and down.= one Rep.	X 4
7	Pressing the wall with straight arms. (Body lean 40 degree)	10 sec.
8	One Leg knee Balance, support with arms on floor.	10 Sec
9	'Y' Balance on One leg	10 sec.

**Note:- For Tripod and For Handstand one pillow is required for safety**

# Static Exercises

Squat sit on toes arms  
on floor.

YouTube Link:

<https://youtu.be/cPLqNn3Q6Cs>



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# Static Exercises

Planks on  
Elbows hold  
Front, Back &  
Sides (left &  
Right) each 5  
Seconds.

YouTube Link:

<https://youtu.be/LyGumujXMOA>



SHIVANSH GUPTA  
(U.P.)



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# Static Exercise

Tripod (Head Stand, (1)Put head on pillow (2) Bring both legs close to hands (3) Lift seat up (4) Straight Trunk and legs and Hold

YouTube Link:

<https://youtu.be/qJ82lnEY6UM>



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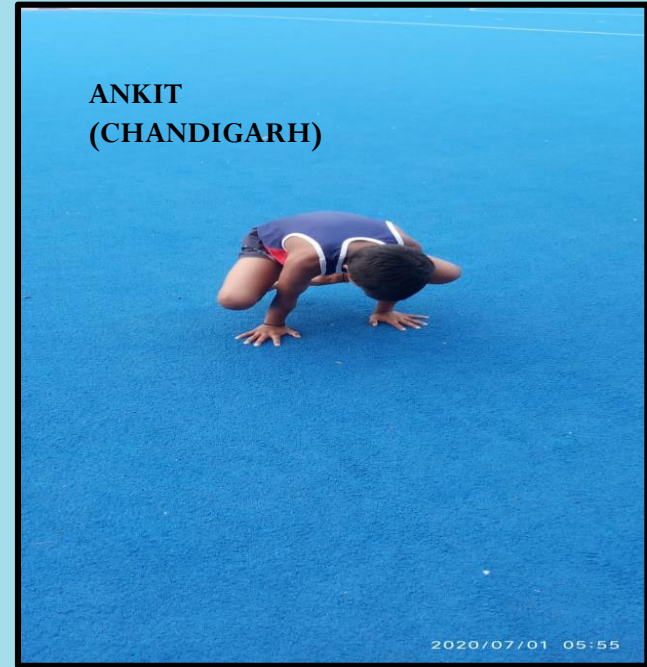


# Static Exercises

Bipod , Bring one leg (Bend leg) over one hand and followed by second leg on another hand and hold.

**YouTube Link:**

<https://youtu.be/hJHpNtRXI9k>



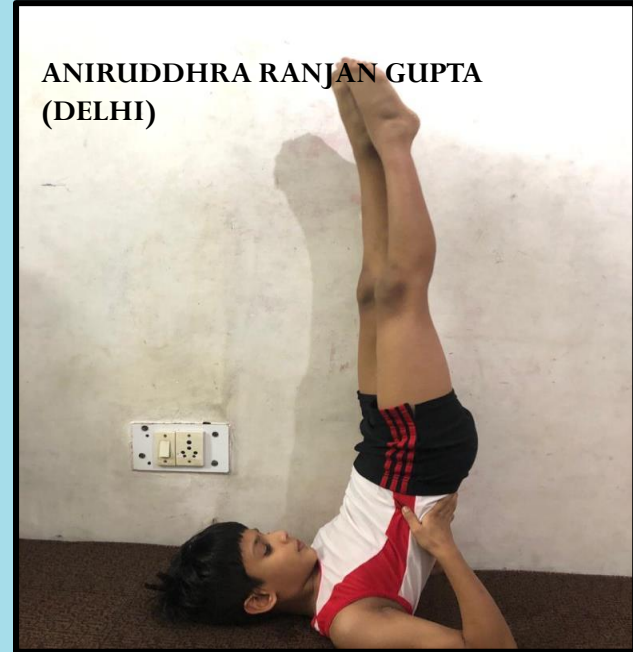
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# Static Exercises

Candle Stand ( hands on Trunk)

**YouTube Link:**

<https://youtu.be/mkXWsd28JPU>



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# Static Exercises

Hand Stand (facing the wall) with the help of wall going up one by one leg support hold 2 second and down = one Rep.

**YouTube Link:**

<https://youtu.be/TFz15ip64ZE>



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# Static Exercises

Pressing the wall with straight arms. (Body lean 40 degree)

YouTube Link:

<https://youtu.be/ms5-UtrKbhg>



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# Static Exercises

One Leg knee Balance,  
support with arms on  
floor.

YouTube Link:

<https://youtu.be/7E4QQIIr9w0>



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# Static Exercises

“Y” Balance on One leg

YouTube Link:

<https://youtu.be/l00NK3h2wI4>



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# Dynamic Strength Exercises

Sr.No.	Exercise description	No. Of Repetitions
1	Stand Legs together and move forward without lifting the feet (with toes only)	2 meters
2	Walk sideways on one leg with heel to toe and upper body move left and right	2 Meters
3	Inch Warm Walk Fwd. (heels down in mountain position)	X 4 times
4	'6' O'clock walk in front line support =One Repetition	X 4 times
5	Laying on back and turn 360 degree left and right twice each = one repetition	X 2
6	Rocking on chest forward, arms open midway to legs swing back high = one repetition	X 4
7	Rocking backward on back , arms open mid-way ,to legs swing up high = one repetition	X 4
8	Frontline support, left and right leg swing back up and side each twice.= One Repetition	X 2
9	'L' sit and lift up and move forward and backward sit. x3 and same way x 3 = one repetition	X 2
10	Jump and half twist (Left and right)	X 2
11	Hurdle step, to take off, jump up and landing on floor 2 second hold.= one repetition	X 4
12	Wrist curls together in under and over grip with stick	X10 each
13	Wrist curls forward and backward with left and right arm sideways with stick. forward and backward curl = one repetition	X 5 each
14	Front support position, Shift weight on left arm and raise right arm side up. Same with right arm = One repetition	X 5
15	Back support position, shift weight on left arm and raise right arm side up. Same with right arm	X 5

# Dynamic Strength Exercises

Stand Legs together and move Forward without lifting the feet (with toes only)

**YouTube Link:**

<https://youtu.be/6eAGceadEnk>



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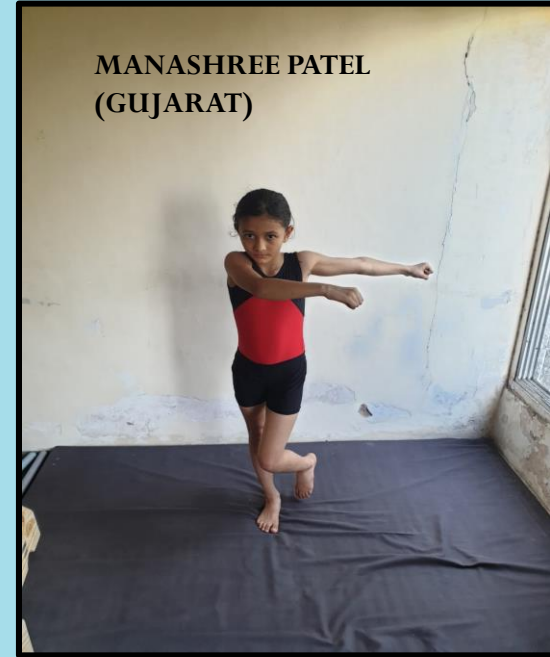


# Dynamic Strength Exercises

Walk sideways on one leg with heel to toe and upper body move left and right

YouTube Link:

<https://youtu.be/7tNO9olzvyk>



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# Dynamic Strength Exercises

Inch Warm Walk  
Forward (heels  
down in mountain  
position)



YouTube Link:

<https://youtu.be/VigVssea5BY>

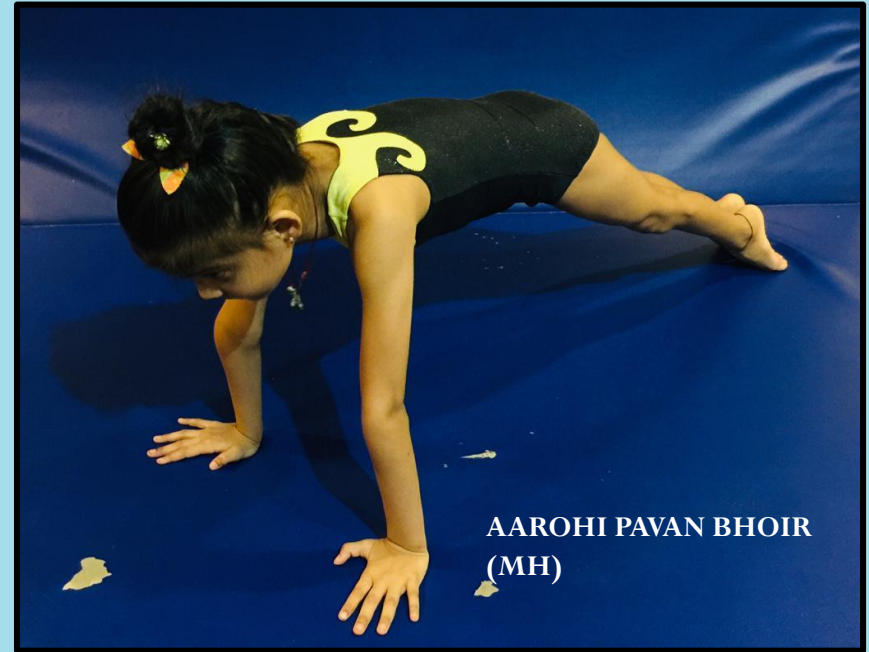
जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

‘6’ O’clock walk in front  
line support = One  
Repetition

YouTube Link:

<https://youtu.be/oPwXrm65sks>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

Laying on back and turn  
360 degree left and right  
twice each = one  
repetition

YouTube Link:

<https://youtu.be/oWHq40uYmVI>



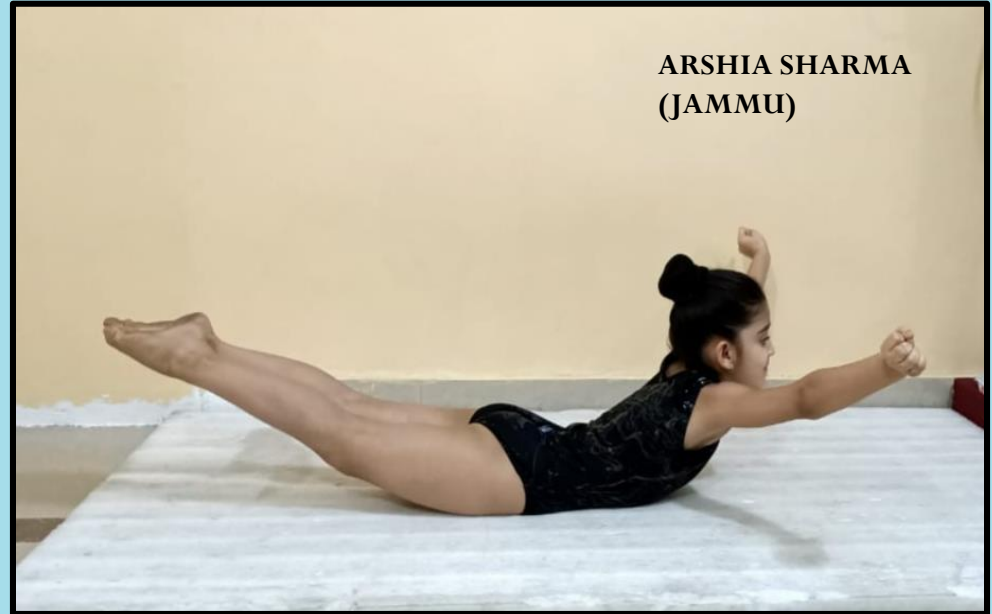
जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

Rocking on chest forward,  
arms open midway to legs  
swing back high = one  
repetition

YouTube Link:

<https://youtu.be/5NfQW8hvSVg>



ARSHIA SHARMA  
(JAMMU)

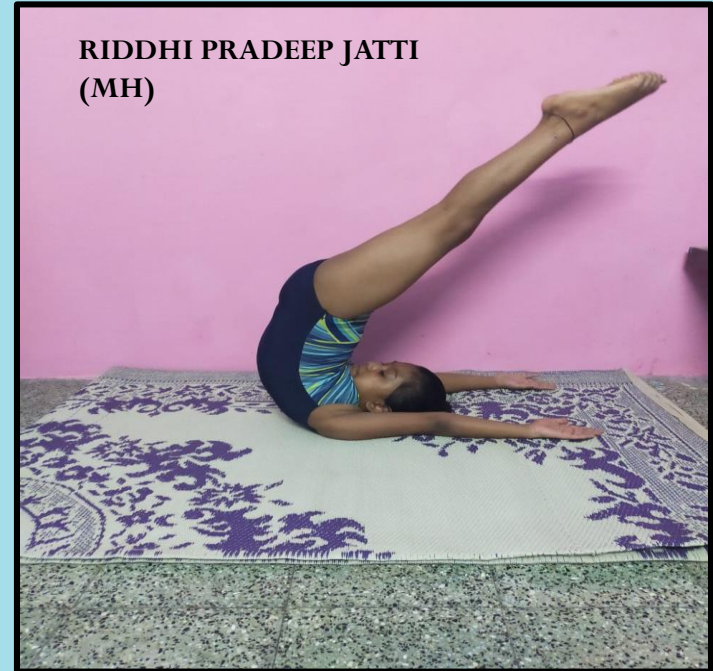
जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

Rocking backward on back ,  
arms open mid-way, to legs  
swing up high = one  
repetition

YouTube Link:

<https://youtu.be/kjmP3dfdBO8>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

Front/Back support,  
left and right leg  
swing back up and  
side each twice =  
One Repetition

YouTube Link:

<https://youtu.be/7P28EBau0VY>

[https://youtu.be/TYxm\\_aN8CU](https://youtu.be/TYxm_aN8CU)



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |



# Dynamic Strength Exercises

'L' sit and lift up and move Forward and Backward Sit x 3 and same way x 3 = one repetition

YouTube Link:

<https://youtu.be/RQ2-AruEVD0>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

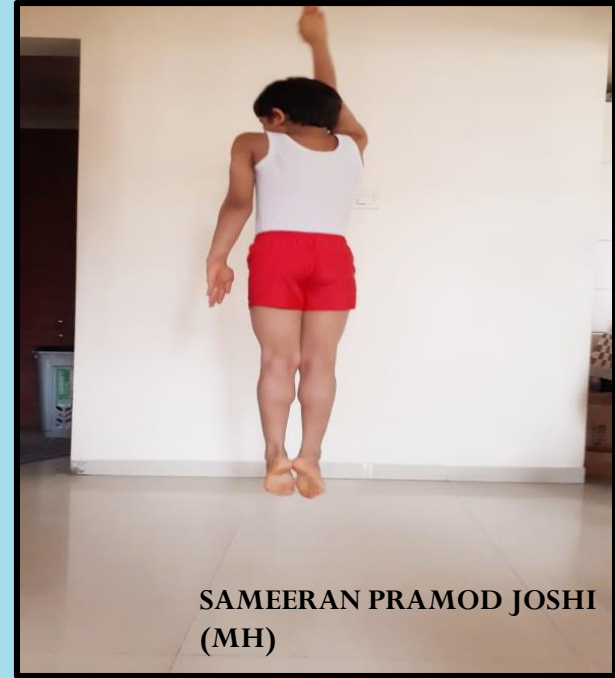


# Dynamic Strength Exercises

Jump and half twist (Left and right)

YouTube Link:

<https://youtu.be/5BzfrhmHk6E>



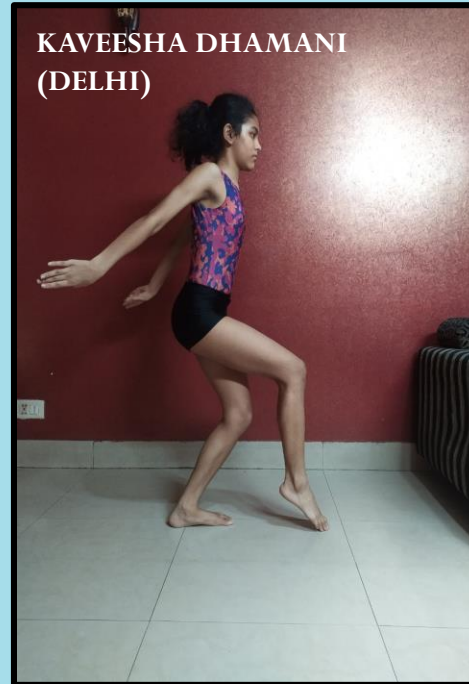
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# Dynamic Strength Exercises

Hurdle step, to take off, jump up and landing on floor 2 seconds hold = one repetition

YouTube Link:

<https://youtu.be/ownOHUb8KOo>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

Wrist curls together  
in under and over  
grip with stick

YouTube Link:

<https://youtu.be/7BquGUgxbPU>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

Wrist curls forward and Backward with left and right arm sideways with stick forward and Backward curl = one repetition

YouTube Link:

<https://youtu.be/7BquGUgxbPU>



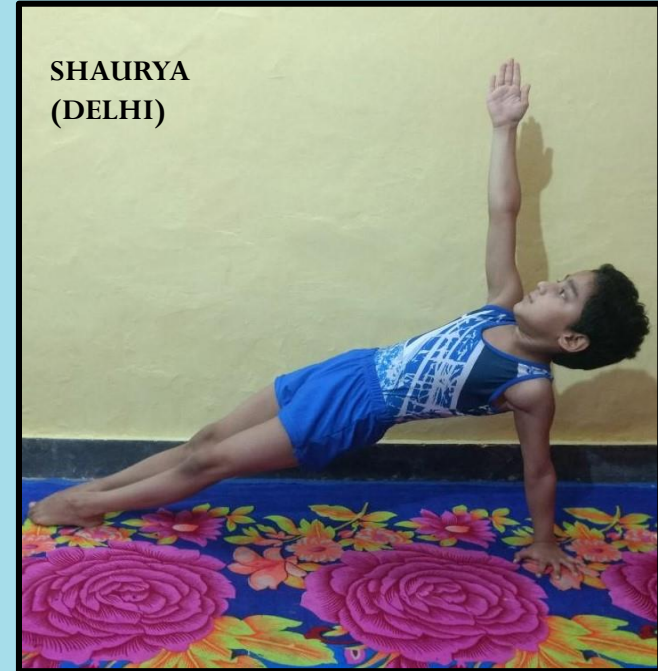
जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

Front/back support position, Shift weight on left arm and raise right arm side up. Same with right arm = One repetition

YouTube Link:

<https://youtu.be/8kw3IRQhgZo>



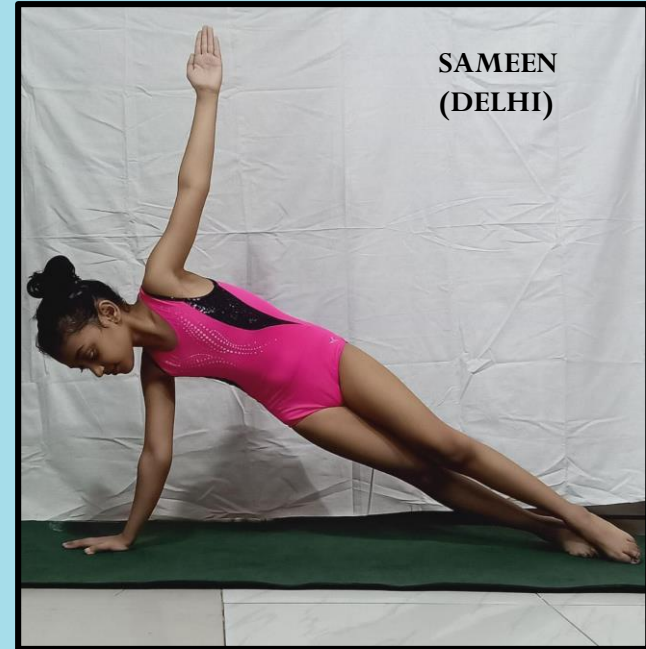
जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Dynamic Strength Exercises

Back support position, shift weight on left arm and raise right arm side up. Same with right arm

YouTube Link:

<https://youtu.be/1T-43SpCd18>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Warm Down (Recovery)

Sr.No.	Exercise description	No. Of Repetitions
1	Butter Fly in Sitting Position & head stretch forward & backward , Sideward left and right .	10 Sec.
2	Laying on back, arms side and lift left and right leg up alternate and touch other side on floor and hold 5 second. (Torsion of trunk) = one repetition	20 Sec.
3	Long Sitting position, one leg fold bent Fwd. and hold and same with other leg.	20 Sec.
4	Shoulder stretch-one arm straight forward and press with other hand towards chest and hold 5 seconds and same with other hand.	10 sec.
5	Kneeling and bend forward hold and relax	20 sec.
6	Shav Aasana	60 sec.

# Warm Down

**Butter Fly in Sitting Position  
& head stretch forward,  
Backward and Sideward left  
and right .**

**YouTube Link:**

**[https://youtu.be/p6A\\_WRRx88c](https://youtu.be/p6A_WRRx88c)**



**जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |**



# Warm Down

Laying on back, arms side and lift left and right leg up alternate and touch other side on floor and hold 5 second. (Torsion of trunk) = one repetition

YouTube Link:

<https://youtu.be/fmsdna6KzI4>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Warm Down

Long Sitting position, one leg fold bent Forward and hold and same with other leg.

YouTube Link:

<https://youtu.be/GQwNdT3kWUk>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Warm Down

Shoulder stretch-one arm straight forward and press with other hand towards chest and hold 5 seconds and same with other hand.

YouTube Link:

<https://youtu.be/ig22mEUQuds>



जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Warm Down

**Kneeling and bend  
forward hold and relax**

**YouTube Link:**

<https://youtu.be/VFkCPquDiBw>



**जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |**

# Warm Down

Shav Aasana



YouTube Link:

<https://youtu.be/CXu1jaX71aY>

जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# ACKNOWLEDGEMENT

- 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 development program online for gymnastics.
- Special thanks to the team of experts, resource persons, coaches and parents for providing their valuable suggestions and inputs in completion of Grassroots level athlete development program through online during the lock down period.



# STAY HOME

**STAY SAFE**

जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |

# Thank you...!

जिमनास्टिक करें, स्वस्थ रहें | स्वस्थ रहे, जिमनास्टिक करें |