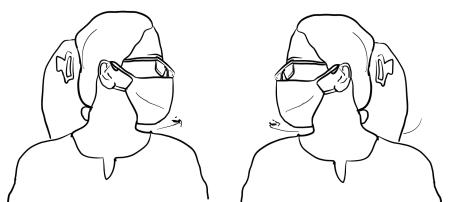
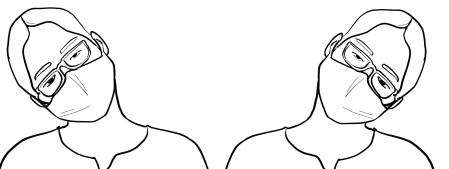


# 01

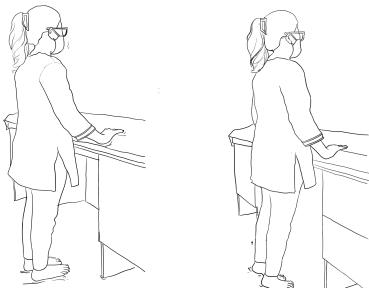
## NECK EXERCISE

- 1 
- 2 
- Slowly turn your neck to the left, then gently move it to the right.  
• Ensure your body remains still, only your neck should be moving.  
• Now turn to your right side, move it to the left.

# 02

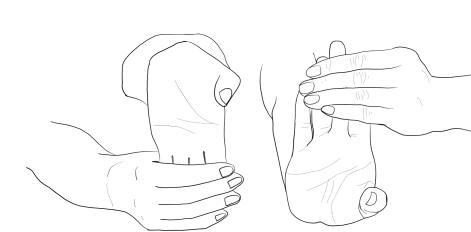
## HAND EXERCISES

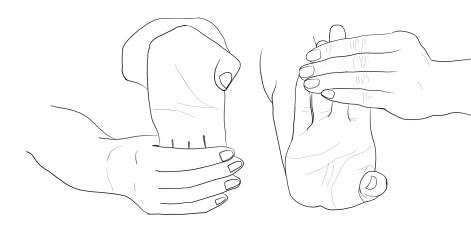
2



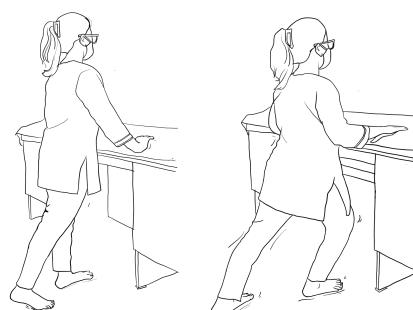
- Stand straight with one hand on the side of a table for support.  
• Slowly lift one foot off the ground, then lower it back down.  
• Repeat with the other leg.

1



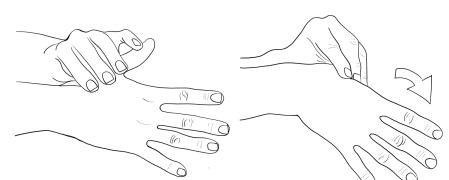
- 1 
- 2 
- Extend your hand back towards you, and  
• Use your other hand to gently pull back.  
• Turn your palm up.  
• Apply pressure on the palm with your fingers of your hand and pull it towards you.

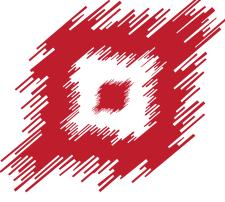
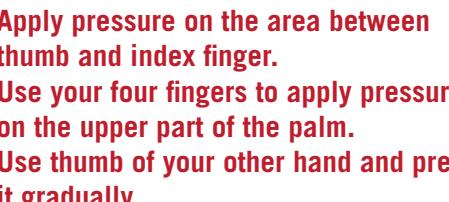
1



- Place both hands on the table and face towards it.  
• Step forward slightly into a lunge position, then return back.  
• Repeat with the other leg.

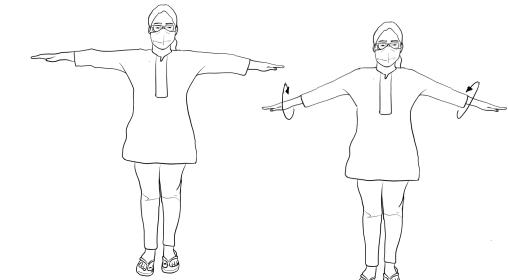
2



- 1 
- 2 
- Apply pressure on the area between thumb and index finger.  
• Use your four fingers to apply pressure on the upper part of the palm.  
• Use thumb of your other hand and press it gradually.

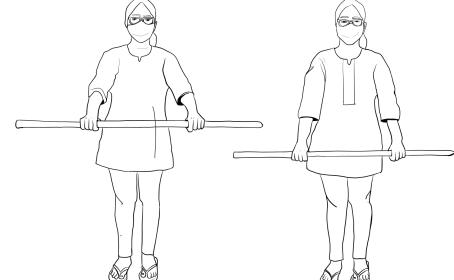
# 04

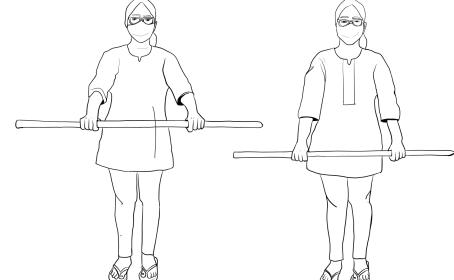
## BACK EXERCISE



- Keep your arms out and keep it straight.  
• Start rotating your arms in clockwise and anti-clockwise.  
• Repeat it 5 times in clockwise and anti-clockwise direction.

2



- 1 
- 2 
- Hold stick with both of your hands.  
• Move the stick up above your head.  
• Then bring the stick from above, closer to your waist.  
• Repeat it 10 times.

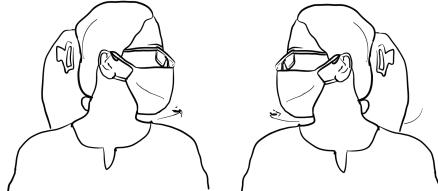
# 03

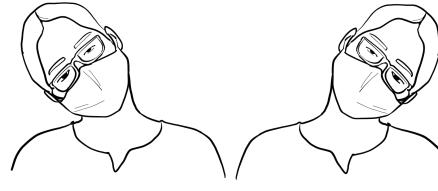
## SHOULDER EXERCISES



# 01

## ବକେ ଅଭ୍ୟାସ

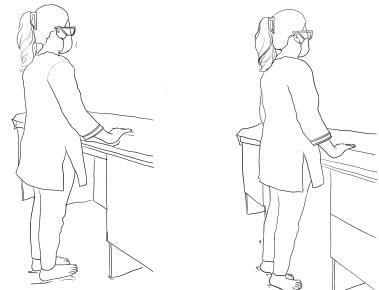
- 1
- 
- ଧୀରଣ ଧୀରଣ ଆପଣଡ଼କ ବକେକୁ ବାମକୁ ଘୂଞ୍ଚାନ୍ତୁ, ତା 'ପରଣ ଏହାକୁ ଧୀରଣ ଧୀରଣ ତାହାଣକୁ ଘୂଞ୍ଚାନ୍ତୁ।
  - ନିଶ୍ଚିତ କରନ୍ତୁ ଯଣ ଆପଣଡ଼କ ଶରୀର ସ୍ଥିର ରହିଛି, କବେଳ ଆପଣଡ଼କ ବକେ ଗତିଶୀଳ ହବୋ ଉଚିତ।
  - ବର୍ତ୍ତମାନ ଆପଣଡ଼କ ତାହାଣ ପାରଶ୍ଵକୁ ଘୂଞ୍ଚାନ୍ତୁ, ଏହାକୁ ବାମକୁ ଘୂଞ୍ଚାନ୍ତୁ।

- 2
- 
- ଧୀରଣ ଧୀରଣ ଆପଣଡ଼କ ବକେକୁ ବାମକୁ ତଳକୁ ଆଶନ୍ତୁ, ଆପଣଡ଼କ କାନକୁ କାନଧ ପାଖରେ ଆଶନ୍ତୁ।
  - ନିଶ୍ଚିତ କରନ୍ତୁ ଯଣ ଆପଣଡ଼କ କାନଧ ସ୍ଥିର ରହିଛି।
  - ଧୀରଣ ଧୀରଣ ଆପଣଡ଼କ ମୁଣ୍ଡକୁ ନିରପଦେଷ, ସିଧା ସ୍ଥିତିକୁ ଫଳୋଇ ଆଶନ୍ତୁ।

# 02

## ହାତ ବ୍ୟାୟାମ

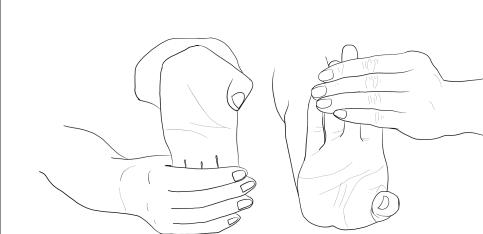
2



- ସମରଥନ ପାଇଁ ଟବୁଲର ପାରଶ୍ଵର ଗଠୋଟିଏ ହାତ ରଖି ସିଧା ଠିଆ ହୁଅନ୍ତୁ।
- ଧୀରଣ ଧୀରଣ ଭୂମିରୁ ଗଠୋଟିଏ ପାଦ ଉପରକୁ ଉଠାନ୍ତୁ, ତା 'ପରଣ ଏହାକୁ ତଳକୁ ଆଶନ୍ତୁ।
- ଅନ୍ୟ ଗଠୋଡ଼ ସହିତ ପୁନରାବୃତ୍ତି କରନ୍ତୁ।

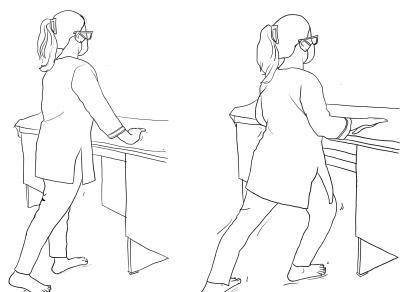


1



- ନିଜ ହାତକୁ ପଛକୁ ନିଜ ଆଡ଼କୁ ବଜ୍ରାନ୍ତୁ, ଏବଂ
- ଅନ୍ୟ ହାତକୁ ବ୍ୟାୟାମର କରି ଧୀରଣ ଧୀରଣ
- ପଛକୁ ଟାଣନ୍ତୁ।
- ଆଡ଼ଗୁଡ଼ିକୁ ଉପରକୁ ଉଠାନ୍ତୁ।
- ନିଜ ହାତର ଆଡ଼ଗୁଡ଼ି ଦ୍ୱାରା ହାତର ଆଡ଼ଗୁଡ଼ିରେ ଚାପ ପକାନ୍ତୁ ଏବଂ ଏହାକୁ ନିଜ ଆଡ଼କୁ ଟାଣନ୍ତୁ।

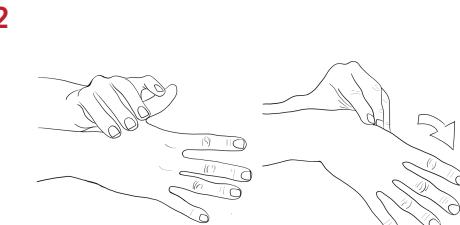
1



- ଉଦୟ ହାତକୁ ଟବୁଲର ଉପରର ରଖନ୍ତୁ ଏବଂ ତା 'ଆଡ଼କୁ ମୁହଁ କରନ୍ତୁ।
- ଏକ ଲମକୁ ସ୍ଥିତିକୁ ସାମାନ୍ୟ ଆଗରୁ ଯାଆନ୍ତୁ, ତା 'ପରଣ ପଛକୁ ଫଳୋଇ ନାହିଁ।
- ଅନ୍ୟ ଗଠୋଡ଼ ସହିତ ପୁନରାବୃତ୍ତି କରନ୍ତୁ।



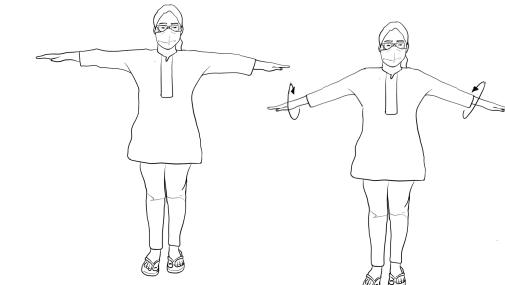
2



- ଆଡ଼ଗୁଡ଼ି ଏବଂ ତରଜନୀ ଆଡ଼ଗୁଡ଼ି ମଧ୍ୟରେ ଥିବା ସାଥୀନରର ଚାପ ପରମ୍ପରାଗ କରନ୍ତୁ।
- ହାତ ଉପର ଭାଗରେ ଚାପ ପରମ୍ପରାଗ କରିବା ପାଇଁ ଆପଣଡ଼କ ଚାରଠୋଟି ଆଡ଼ଗୁଡ଼ି
- ବ୍ୟାୟାମର କରନ୍ତୁ।
- ଅନ୍ୟ ହାତର ଆଡ଼ଗୁଡ଼ି ବ୍ୟାୟାମର କରନ୍ତୁ ଏବଂ ଏହାକୁ ଧୀରଣ ଧୀରଣ ଦବାନ୍ତୁ।

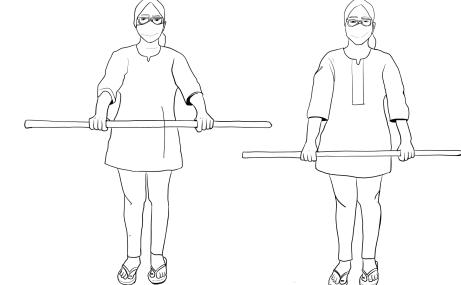
# 03

## ବ୍ୟାକ ଅଭ୍ୟାସ



- 2
- ନିଜ ବାହୁକୁ ବାହାରକୁ ରଖନ୍ତୁ ଏବଂ ସିଧା ରଖନ୍ତୁ। ନିଜ ବାହୁକୁ ଘଣ୍ଟାକଣ୍ଟା ଦିଗରରେ ଏବଂ
  - ଘଣ୍ଟାକଣ୍ଟା ବିପରୀତ ଦିଗରରେ କୁଲାଇବା ଆରମ୍ଭ କରନ୍ତୁ।
  - ଏହାକୁ ଘଣ୍ଟାକଣ୍ଟା ଏବଂ ଘଣ୍ଟାକଣ୍ଟା ବିପରୀତ ଦିଗରେ 5 ଥର ପୁନରାବୃତ୍ତି କରନ୍ତୁ।

2



- କୁଳ ହାତରେ ଲାଠିକୁ ଧରନ୍ତୁ।
- ଲାଠିକୁ ମୁଣ୍ଡ ଉପରକୁ ଉଠାନ୍ତୁ।
- ତା 'ପରଣ ଉପରୁ ଲାଠିକୁ ନିଜ ଅଣା ପାଖରେ ଆଶନ୍ତୁ।
- ଏହାକୁ 10 ଥର କରନ୍ତୁ।

1

# 04

## ଶିଳ୍ପିତର ବ୍ୟାୟାମ

