

## Practical 6

### Writing Blogs

## Fitness

### \* Legs Stretching Exercise

Legs Stretching keeps the muscles flexible, strong, and healthy.

Such Exercise like warm up exercises from left to right one's will get warm up then you try to hold it



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#### **\* Benefits of Legs Stretching**

- > Improves your performance in physical activities.
- > Increases your flexibility.
- > Improves your posture.
- > Increases blood flow to your muscles.



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## **Handstand**

A handstand is the act of supporting the body in a stable, inverted vertical position by balancing on the hands.



### **\* Benefits of Handstand**

- > Increases concentration and focus. Improves balance.
- > The posture reverses the blood supply which helps in blood purification.
- > Improves skin.



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## Muscle-up

**muscle-up** An exercise done for strengthening the arms and upper body, in which one lifts one's own weight while hanging from a bar to a position above the bar.





### **\* Benefits of Muscle-up**

- > Strengthen the back muscles.
- > Strengthen the arm and shoulder muscles.
- > Improve overall body strength and fitness level.
- > Improve physical health & Improve mental health.

# Clapping push-up

The clapping push-up is a advance push-ups.

Doing clapping push-up you will require more energy



## \* Benefits of clapping push-up

- > Burn your fat muscle
- > Focus only upper body part like arms , triceps , chest and shoulder



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Now! all these exercises I Start before 2 months. Now also I'm doing Everyday these exercises only and I get a good result in my body.  
All these exercises is a advance level you will don't try directly first you will practice all the basic exercise.

Thank  
U 😊



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