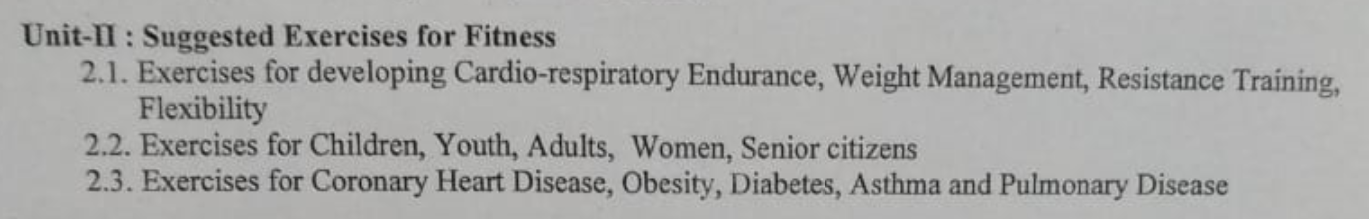
**NAME : ANKIT**

**PROGRAMME : BSC HONS COMPUTER SCIENCE**

**GE : PHYSICAL EDUCATION**

**ROLLNO : 20/49005**

Unit:2 notes(assignment)



**Exerecise for developing Cardio-respiratory Endurance**

**Jumping jacks:**

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1. Start by standing upright with legs together and arms at the sides of the body.
2. Jump up. While in the air, open the legs to spread the feet wide apart and raise the arms overhead.
3. While landing, bring the feet and arms back to the starting position.

**Burpees:**

Share on Pinterest

1. Begin standing with the feet shoulder-width apart.
2. Bend the knees and place the hands on the floor in front to come down into a squat position.
3. Jump the legs out behind to get into the push-up position, shifting the body’s weight onto the hands.
4. Jump the feet back into the squat position.
5. Jump up into the air with arms raised above the head.
6. Land back in the squat position.

**Mountain climbers (running planks):**

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1. Start in the plank position, aligning the shoulders over the wrists and keeping the legs straight. Keep the back flat and the head aligned with the spine.
2. Engage the core muscles.
3. Bring the right knee towards the chest.
4. Switch legs by returning the right leg to the starting position and bringing the left knee towards the chest. This completes one repetition.

**Side-shuffle touches:**

1. Start in a standing position with the feet shoulder-width apart and the arms down by the sides.
2. Bend the knees and squat down.
3. Shuffle a shoulder-width to the right and then touch the floor outside the right foot with the fingertips of the right hand.
4. Shuffle a shoulder-width to the left and then touch the floor outside the left foot with the fingertips of the left hand.
5. This is one repetition.

Other exercises that can help improve cardiorespiratory fitness include:

* running
* power walking
* [swimming](https://www.medicalnewstoday.com/articles/321496.php)
* dancing
* jump rope
* high-intensity sports, such as basketball and soccer

**WEIGHT MANAGEMENT**

### Aerobic

No matter what exercise program you implement, it should include some form of aerobic or cardiovascular exercise. Aerobic exercises get your heart rate up and your blood pumping. Aerobic exercises may include walking, jogging, cycling, swimming, and dancing. You can also work out on a fitness machine such as a treadmill, elliptical, or stair stepper.

### Weight Training

A big advantage of working out with weights is that, in addition to shedding fat, you’ll build muscle. Muscle, in turn, burns calories. Talk about a healthy feedback loop! Experts recommend working all the major muscle groups three times per week. This includes:

* abs
* back
* biceps
* calves
* chest
* forearms
* hamstrings
* quads
* shoulders
* traps
* triceps

### Yoga

Yoga is not as intense as other types of exercise, but it can help you lose weight in other ways, according to a recent study by researchers at the [Fred Hutchinson Cancer Research Center](http://www.fredhutch.org/en/news/releases/2009/08/yoga.html). The study found that people who practice yoga are more mindful about what they eat and, therefore, less likely to have obesity.

## Incorporating Exercise Into Your Lifestyle

The total amount of exercise you engage in during a day matters more than whether or not you do it in a single session. That’s why small changes in your daily routine can make a big difference in your waistline.

Healthy lifestyle habits to consider include:

* walking or riding your bike to work or while running errands
* taking the stairs instead of the elevator
* parking farther away from destinations and walking the remaining distance

**EXERCISE FOR RESISTANCE TRAINING**

Any exercise where you push, pull, or otherwise try to work against some type of resistance can be considered resistance or strength training (also sometimes called weight lifting or weight training). So, what is resistance? Resistance is any force that makes the movement harder to perform.

In its simplest form, resistance can be provided by moving your body against gravity, as when doing a [pushup](https://www.verywellfit.com/the-push-up-exercise-3120574) or [plank](https://www.verywellfit.com/the-plank-exercise-3120068). It can also be achieved via using weighted dumbbells and doing exercises such as [biceps curls](https://www.verywellfit.com/how-to-do-the-biceps-arm-curl-3498604), [incline chest presses](https://www.verywellfit.com/how-to-do-incline-dumbbell-press-4588212), and [deadlifts](https://www.verywellfit.com/how-to-do-the-deadlift-3498608).

You can even add resistance training to your current exercise routine by [using weight machines](https://www.verywellfit.com/how-to-use-weight-machines-and-gym-equipment-4153575) at the gym or by incorporating additional [weight training equipment](https://www.verywellfit.com/weight-training-equipment-4014316) such as weighted bars, resistance bands, and kettlebells.

**Exercise for flexibility**

## **Forward Lunges**

Kneel on the left leg, placing the right leg forward at a right angle. Lunge forward, keeping the back straight. Stretch should be felt on the left groin.

Hold for five seconds.  
Repeat three to six times.  
Repeat on opposite leg.

## **Side Lunges**

Stand with legs apart, bending the left knee while leaning toward the left. Keep the back straight and the right leg straight.

Hold for five seconds.  
Repeat three to six times.  
Repeat on opposite leg.

## **Cross-Over**

Stand with legs crossed, keeping the feet close together and the legs straight. Try to touch the toes.

Hold for five seconds.  
Repeat three to six times.  
Repeat with the opposite leg.

## **Standing Quad Stretch**

Stand supported by holding onto a wall or chair. Pull the foot behind to the buttocks. Try to keep knees close together.

Hold for five seconds.  
Repeat three to six times.

## **Seat Straddle Lotus**

Sit down, placing the soles of the feet together and drop the knees toward floor. Place the forearms on the inside of the knees and push the knees toward the ground. Lean forward from the hips.

Hold for five seconds.  
Repeat three to six times.

## **Seat Side Straddle**

Sit with legs spread, placing both hands on the same shin or ankle. Bring the chin toward the knee, keeping the leg straight.

Hold for five seconds.  
Repeat three to six times.  
Repeat exercise on the opposite leg.

## **Seat Stretch**

Sit with the legs together, feet flexed, and hands on the shins or ankles. Bring the chin toward the knees.

Hold for five seconds.  
Repeat three to six times.

## **Knees to Chest**

Lie on the back with knees bent. Grasp the tops of knees and bring them out toward the armpits, rocking gently.

Hold for five seconds.  
Repeat three to five times

EXERCISE FOR CHILDREN, YOUTH, ADULTS,WOMEN, SENIOR CITIZENS

CHILDREN YOUTH

Jumping Jacks Jumping Jacks

Squats Arm Circles

High knee Squats

Burpees High Knee

Jump squats Push ups

Lunges Sit ups or Crunches

Mountain climbers Front kick

Crunches Punches

Push-ups and planks Yoga

Yoga And meditative asanas

ADULTS FOR SENIOR CITIZENS

Walking Stretching exercise

Cycling Low Impact Aerobics

Low impact Jogging walking or dancing

Swimming

Lite Yoga

EXERCISE FOR WOMEN

Jumping Jacks

Push-ups

Squats

Single Leg Stand

Bridge Posture

Plank

Leg Raise

Hands In and Out Breathing.

EXERCISE FOR HEART DISEASES

* Stretching
* Aerobic exercise
* Strength Training
* Walking
* Cycling
* Dancing

EXERCISE FOR OBESITY

* Walking.
* Jogging or running.
* Cycling.
* Weight training.
* Interval training.
* Swimming.
* Yoga.
* Pilates.

EXERCISE FOR DIABETES

* Walking
* Cycling
* Swimming
* Sports
* Aerobic dance
* Weight lifting
* Resistance training
* Calisthenics
* Pilates
* Yoga

EXERCISE FOR ASHTMA

* Breathing Exercises
* Swimming
* Walking
* Hiking
* Recreational Biking
* Short distance track and field
* Sports with Short burst activity

EXERCISE FOR PULMONARY DISEASE

* Walking.
* Jogging.
* Jumping rope.
* Bicycling.
* Skating.
* Low-impact aerobics
* Swimming.
* Resistance training (with hand weights or bands)