





The image shows a mobile application interface for badminton rules. At the top, the word "RULES" is displayed in large, bold, cyan letters. In the top right corner, there is a gear icon with a right-pointing arrow. The background of the app features a stylized illustration of a badminton court with two players in action, one on each side, and several yellow shuttlecocks scattered across the court.

FAULTS

It is not a fault if you miss the shuttle while serving
The shuttle cannot be caught and slung with the racket
The most common fault in badminton is when the players fail to return the shuttlecock so that it passes over the net and lands inside their opponents' court

SCORING SYSTEM

INTERVAL AND CHANGE OF ENDS

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RULES

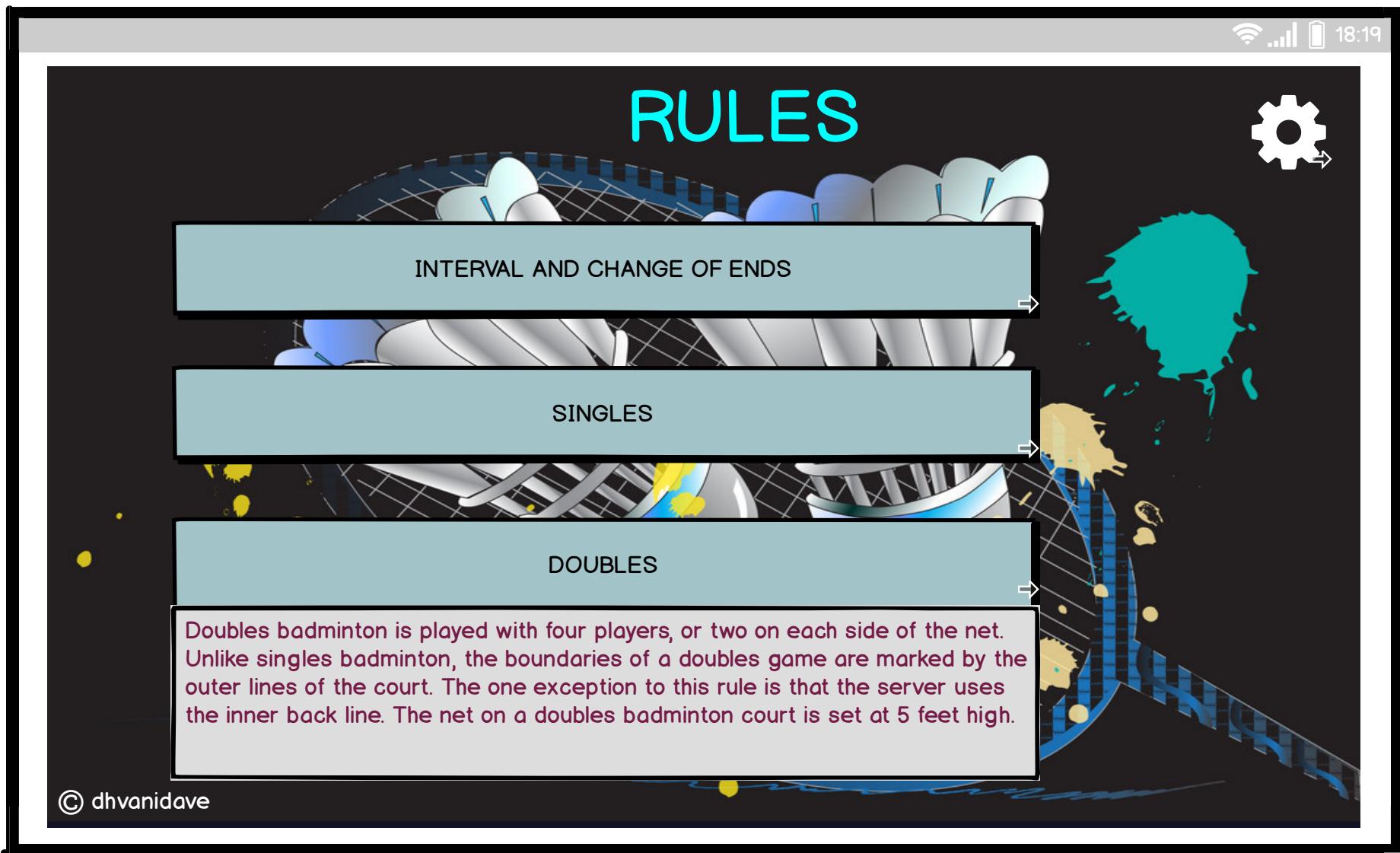
INTERVAL AND CHANGE OF ENDS

SINGLES

You can have either two or four players on a badminton court: one player on each side, or a team of two players on each side. One-against-one is called singles; two-against-two is called doubles. In doubles, either player can hit the shuttle; you do not have to take it in turns.

DOUBLES

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The image shows a mobile application interface with a black background. At the top, there is a grey header bar with a signal icon, battery level, and the time '18:19'. Below the header, the title 'STRENGTH TIPS' is displayed in large, bold, cyan letters. To the right of the title is a white gear icon with a right-pointing arrow. The main content area features three light blue rectangular boxes with white borders, each containing a section title and a descriptive paragraph. The first box is labeled 'STRENGTH TRAINING' and contains the following text: 'Cardiovascular fitness, flexibility, agility, power and strength are all desirable traits that can be developed with regular training. Strength training for badminton should be as sports specific as possible, and your program should reflect the demands of your sport while still leaving sufficient time and energy for playing practice.' The second box is labeled 'TYPES OF PHYSICAL EXERCISE' and the third is labeled 'WEIGHT TRAINING'. The background of the app features a stylized illustration of a person's head and shoulders in profile, facing right, with a grid pattern and small yellow dots. The bottom left corner of the screen contains the copyright notice '© dhvanidave'.

STRENGTH TIPS

STRENGTH TRAINING

Cardiovascular fitness, flexibility, agility, power and strength are all desirable traits that can be developed with regular training. Strength training for badminton should be as sports specific as possible, and your program should reflect the demands of your sport while still leaving sufficient time and energy for playing practice.

TYPES OF PHYSICAL EXERCISE

WEIGHT TRAINING

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Exercises that you can do to improve your strength for badminton include forward, backward and sideways lunges with weights. Others include squats, leg presses, leg curls, and leg extensions. To improve the strength of the upper body, perform shoulder presses, chest presses, and lat pull downs.

The third box is labeled "WEIGHT TRAINING". The background of the app features a stylized illustration of a person's head and shoulders in profile, facing right. The person has dark hair and is wearing a blue and white checkered shirt. The overall design is clean and modern, typical of a fitness or sports-related mobile application.

STRENGTH TIPS



STRENGTH TRAINING

TYPES OF PHYSICAL EXERCISE

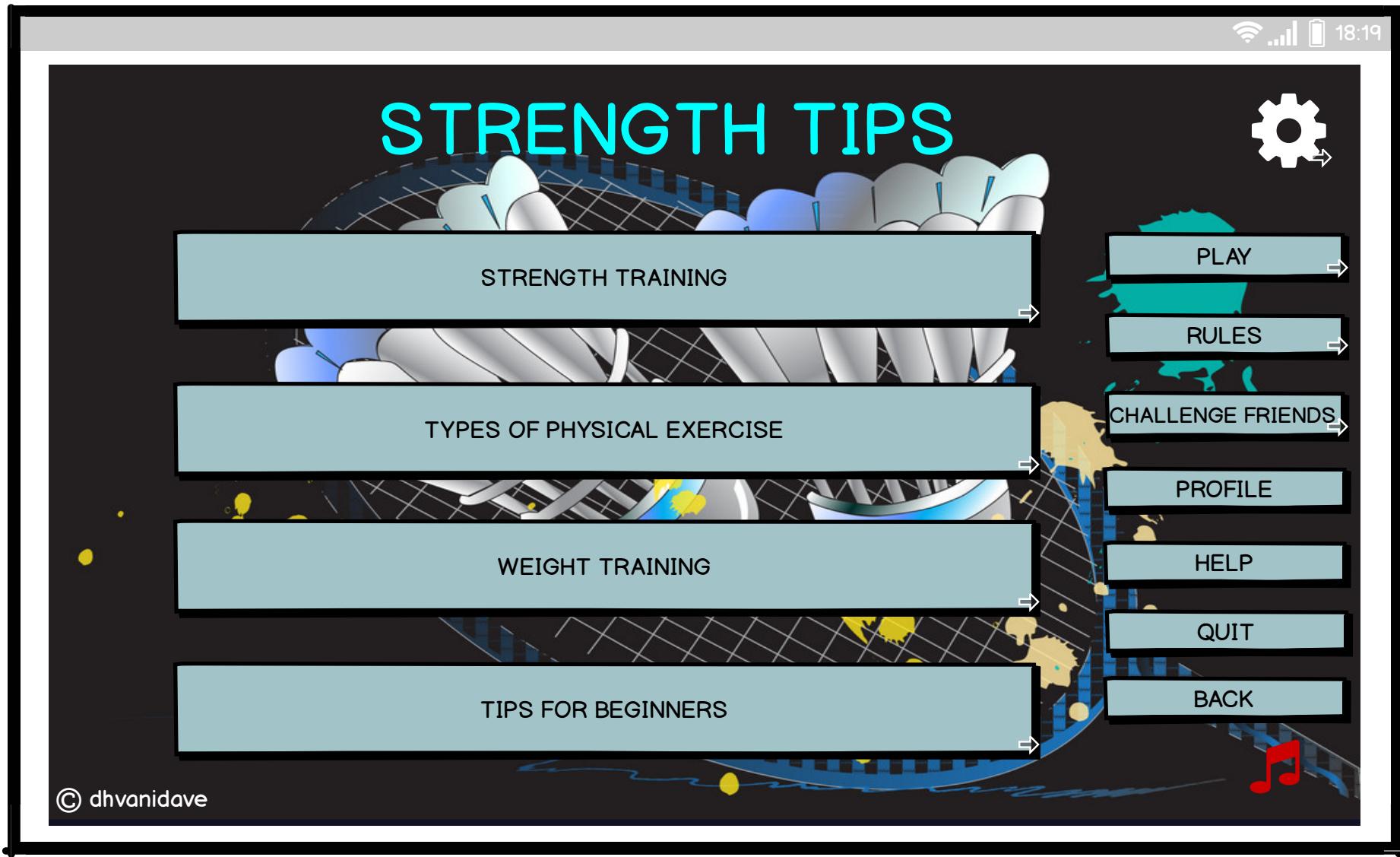
WEIGHT TRAINING

Flexion and extension of the wrist holding the dumb-bell against the gravity.
Flexion and extension of the elbow holding the dumb-bell against the gravity.
Abducting the arm (keeping the arm beside your body in standing position as in military attention and then gradually taking it away from your body sideways without bending the elbow or wrist till your hand is at the level of your shoulders and neck) holding the dumb-bell.

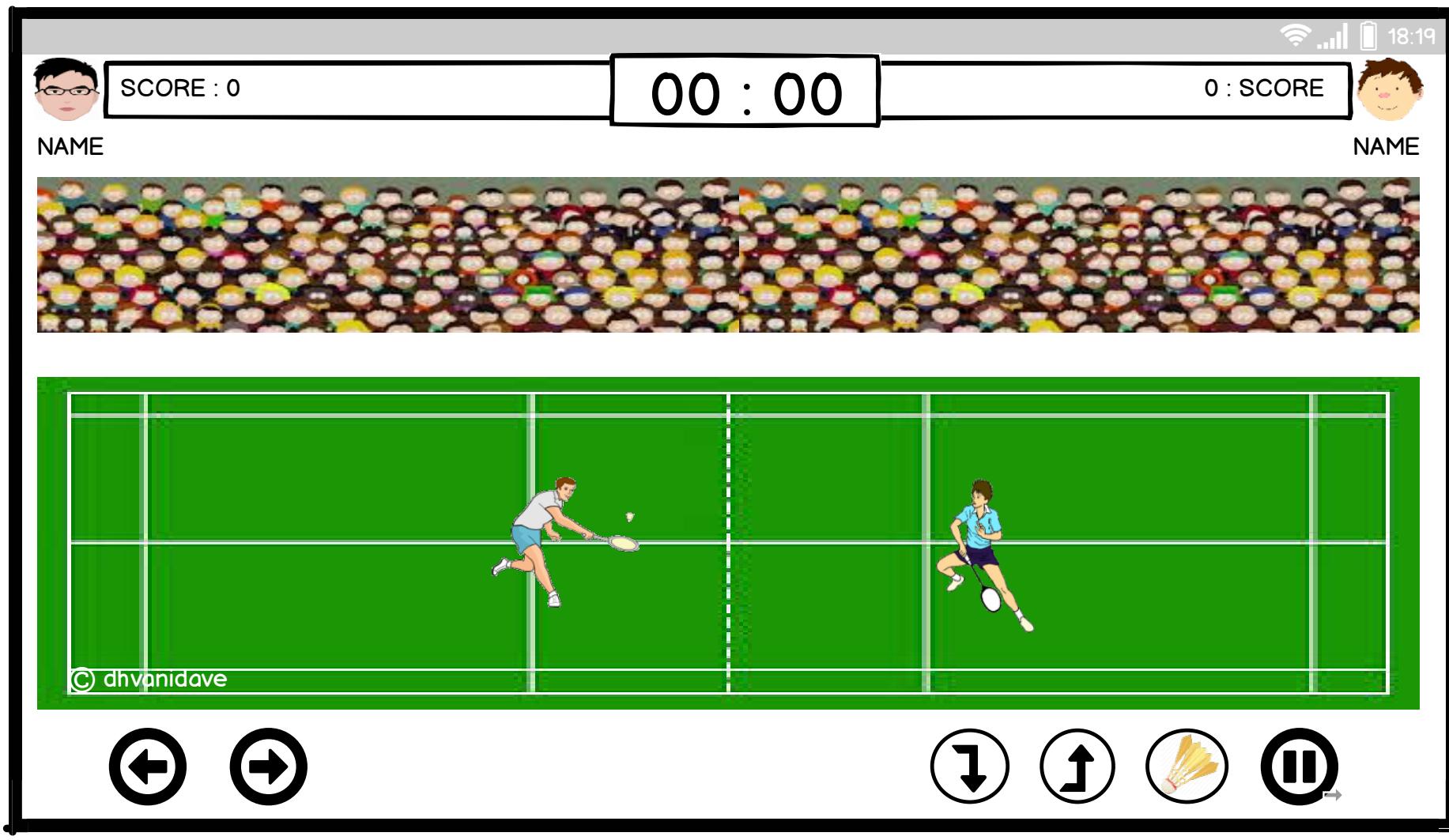
The image shows a mobile application interface with a black background. At the top, the title "STRENGTH TIPS" is displayed in large, bold, cyan letters. In the top right corner, there is a gear icon with a right-pointing arrow. The main content area features three horizontal cyan bars, each containing a category name and an arrow pointing to the right. The first bar says "TYPES OF PHYSICAL EXERCISE". The second bar says "WEIGHT TRAINING". The third bar says "TIPS FOR BEGINNES". Below the "TIPS FOR BEGINNES" bar, there is a list of six tips in a light gray box:

- Warm-up for badminton.
- The badminton grip. When choosing a racket, the grip is crucial.
- Check the shuttlecock flight.
- Keep a central base position.
- Play badminton indoors.
- Be prepared for any outcome.

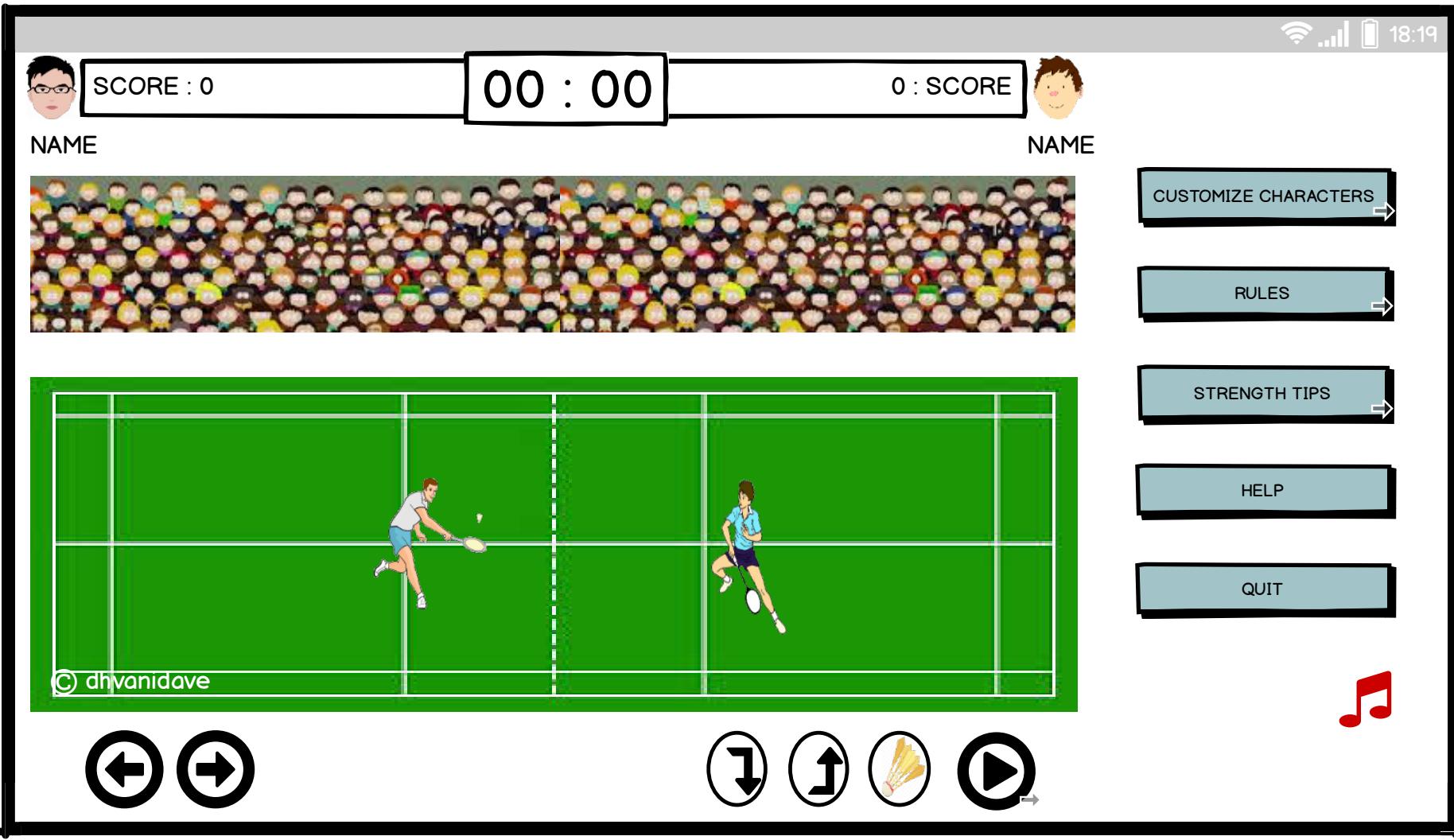
In the bottom left corner, there is a copyright notice: "© dhvanidave". The background of the app screen features a stylized illustration of a person playing badminton, with a shuttlecock and a racket visible.



Play Screen



Play Screen Pause Mode



18:19

[PLAY](#) → [RULES](#) → [STRENGTH TIPS](#) → [PROFILE](#) [HELP](#) [QUIT](#) [BACK](#)





JACK
3600



KIM
3450



AMY
3020



MAX
2600



ROSS
1000


CHALLENGE

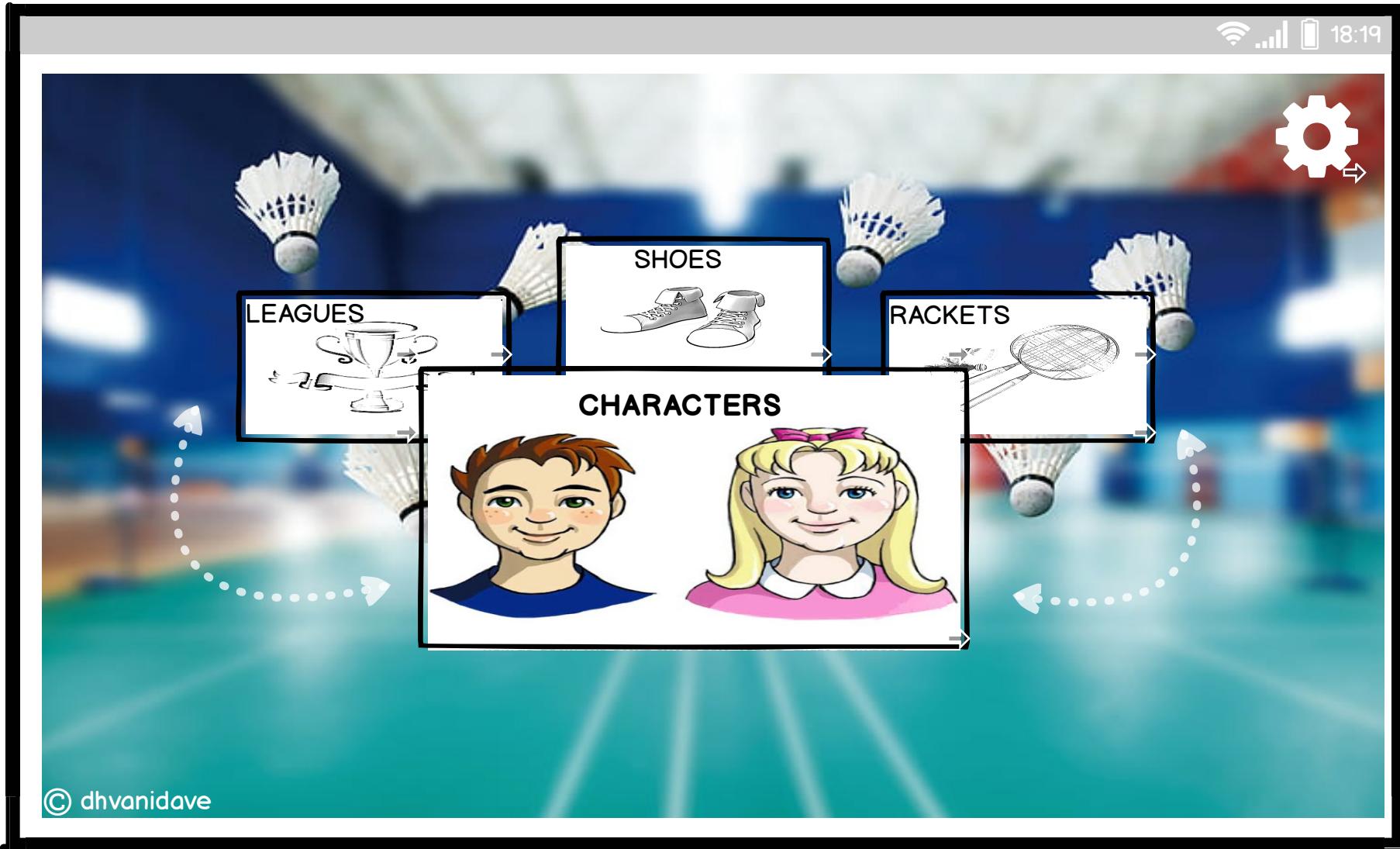
CHALLENGE

CHALLENGE

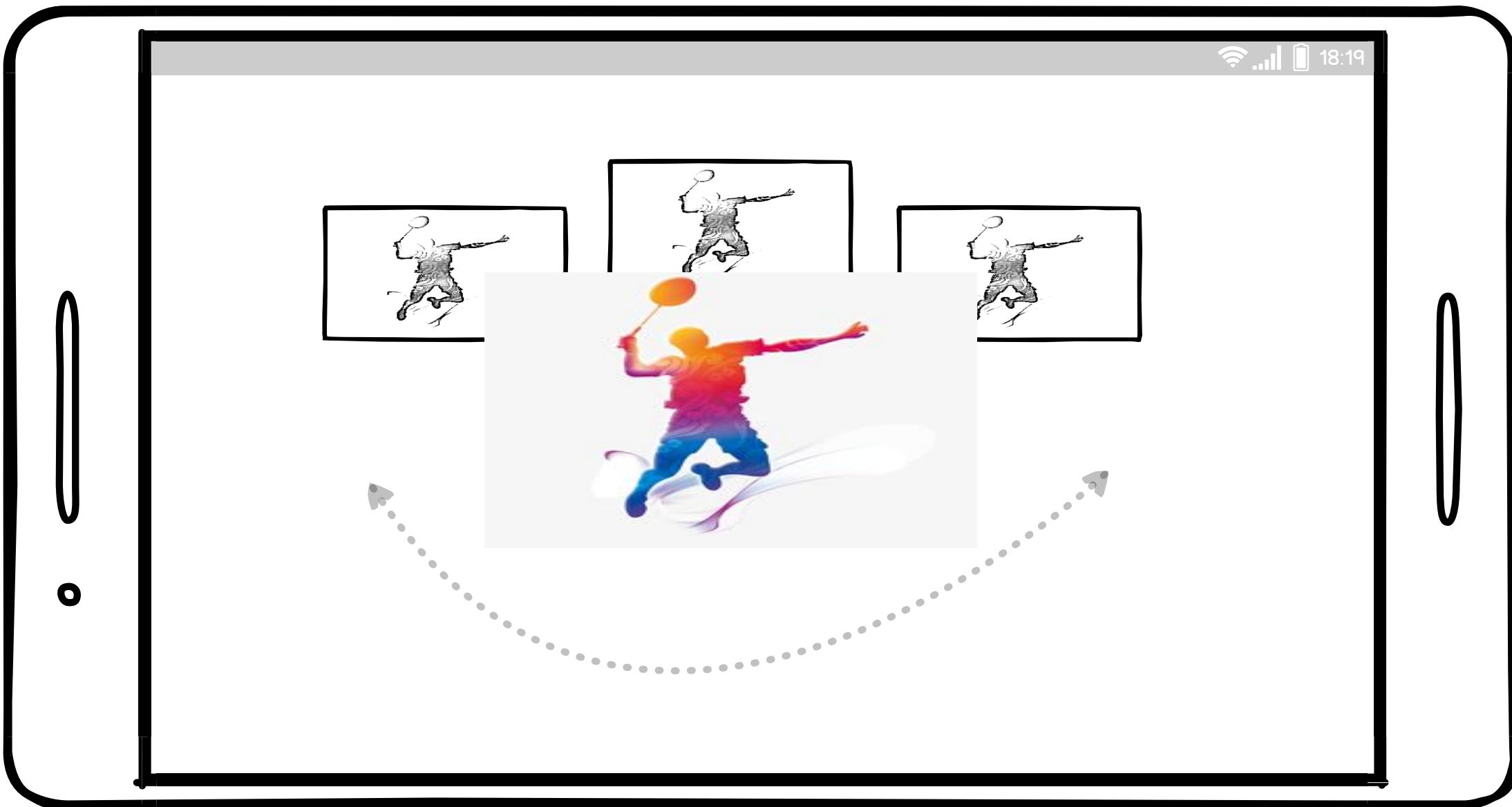
CHALLENGE

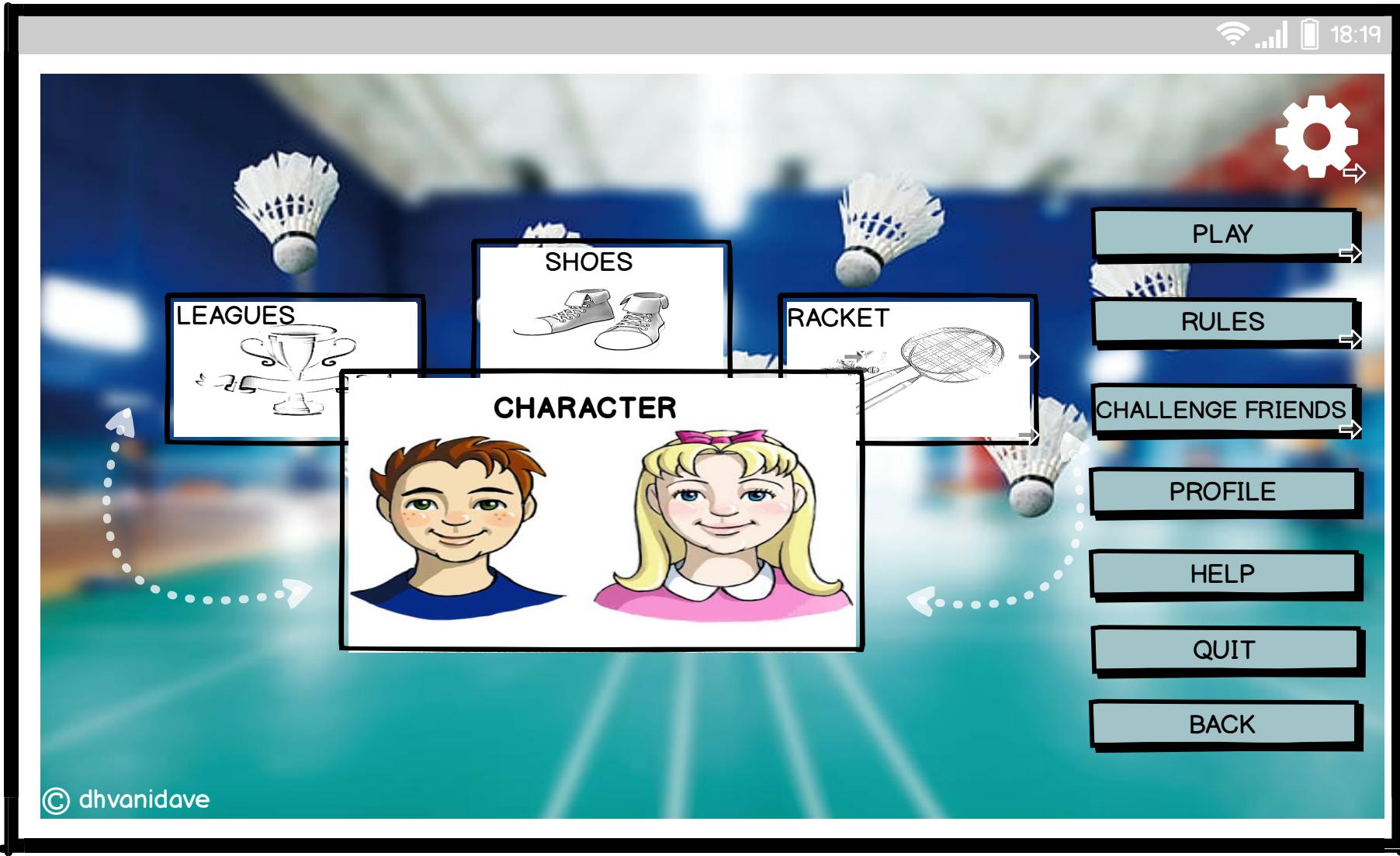
CHALLENGE

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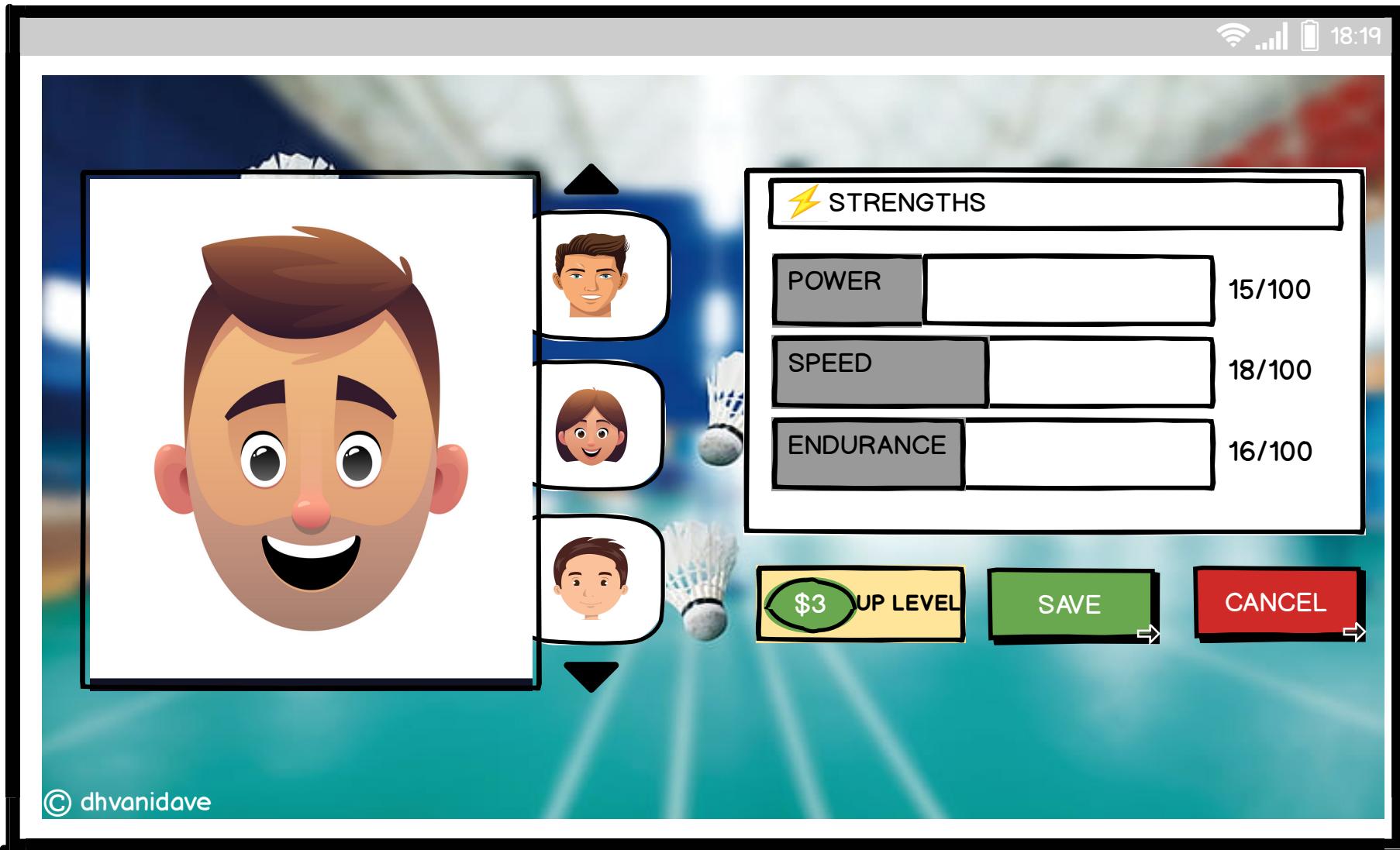


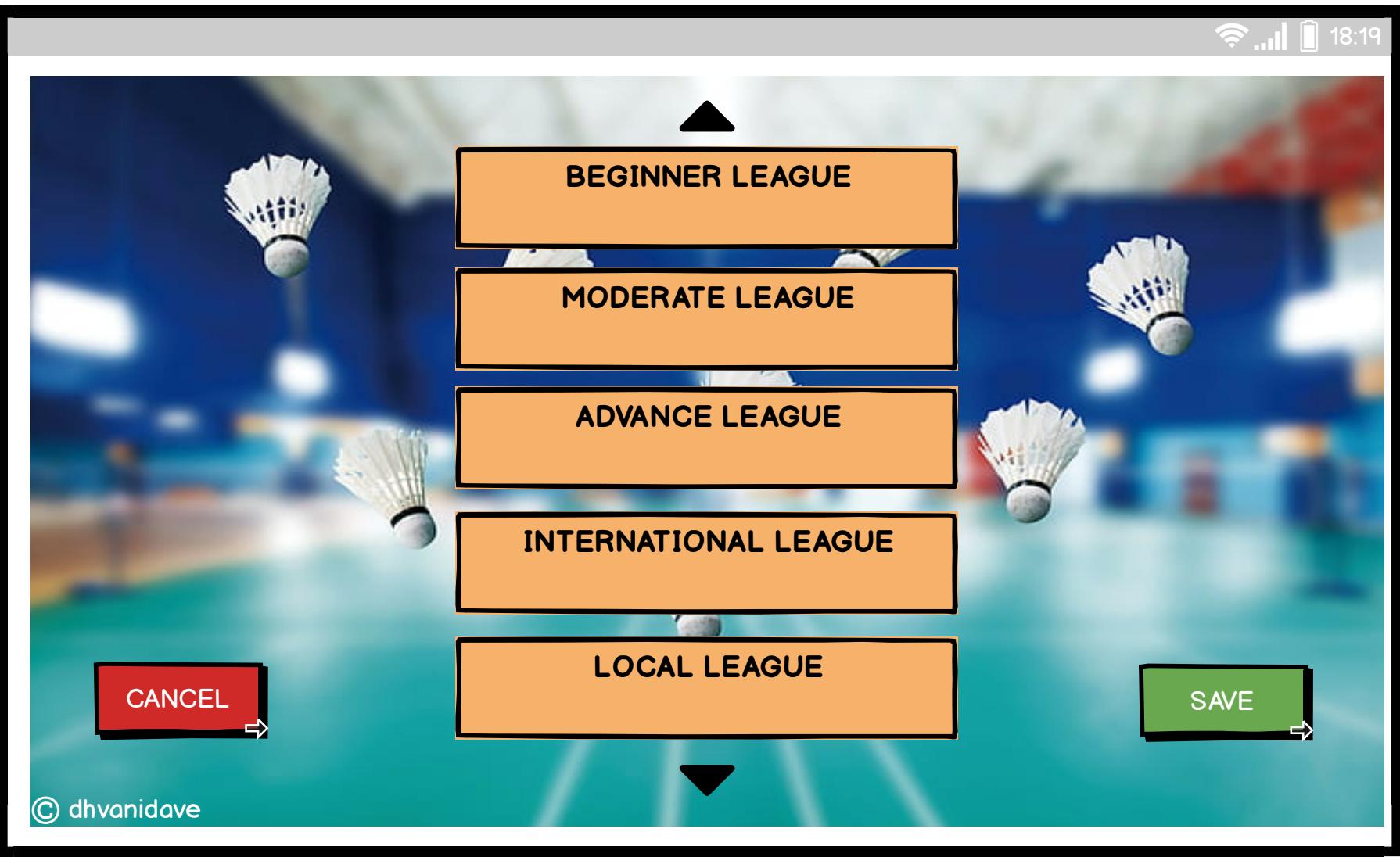
Customize Players Home Screen (Alternate 408q)





Customize Characters





Rackets

