



PODAR ENRICHMENT ACADEMY

Learning for Life

└ Athletics :

- First start all standing stretching.
- Ten minutes slowly jogging on the ground, group warming up exercise.
- Ground exercise.
High knee, back kick, hanuman jump, front kick, both leg jumps, one leg Hoping, long bonding, standing broad jump, short high knee, long high Knee, side twist jump, jump touch toe to chest, back high knee, duck walk, back running, frog jump.

└ Cool down

- One round walk, jog, side running, back running, both hand up and Side hands running.
- Use personal mat for laying & do proper stretching of your shoulder, hands and legs exercises.

└ Circuit Training

- Do high knee on 1st station , triple on 2nd station, lip up on 3rd station, bafi on 4th station , push up on 5th station, push and jump on 6th station, 10th meters shuttle run on 7th station, chair position hold on 8th station. Do this for three times.

└ Shot put throw

- Shot put throw = normal front throw, back throw, vertical throw, horizontal throw, standing throw

└ Commando Training

- 1st to 2nd point sprint
 - 2nd to 3rd point crawling
 - 3rd bridge position hold then 3rd to 4th back hand walk
 - 20 crunches and last 50 meters sprint.
-