

Course Name : Bachelor of Physical Education

Year : Ist

Paper Name : Skill and Prowess

Paper No. Ist (Part-B 2)

Lecture No. 55

Topic no. B-II (4)

Lecture Title : Free Hand Exercises

F.A.Q.

Q1. What are the Benefits of Freehand Exercise ?

A1. Freehand exercise have a tonic effect on the muscles and internal organs. They tone up the circulatory system and are beneficial in safeguarding the general health of the body. Advanced freehand exercises shape and muscularize the body.

Q2. How freehand exercise benefits the Health of Heart ?

A2. Use of equipments while exercising, reduces the stress and isolates the focused muscles group for extensive pressure. It improves the tone of these muscles but reduces the heart beating rate and metabolism level.

Q3. Write Brief note on Handstand Push-Up ?

A3. This is an advanced freehand exercise for those who have strong delts and triceps because you will be using the resistance of your own body weight and 100 percent gravity.

Q4. What are Squats ?

A4. Place your feet Flat on the floor 12-15 inches apart. Place a chair in front of you. Take hold of the chair to maintain balance. Squat down until your thighs are parallel to the floor, then raise yourself slowly up again pushing up off the heels, not your toes. Keep your body upright and back as straight as possible. Do atleast 50 total reps.

Q5. What do you mean by resistance exercise ?

A5. Freehand exercise without the weights are resistance exercise you can do outside the gym with no equipment. Some exercises require props you can find at the park or in your home.