

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

References

Exercise and Physiology

Workout: Routines - Sample Strength And Conditioning Bodyweight Exercises

Workout Routines For Men And Women

Links

<http://www.bodybuilding.com/fun/randy26.htm>

<http://timesofindia.indiatimes.com/life-style/health-fitness/fitness/5-free-hand-exercises-you-must-try/articleshow/40499517.cms>