

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

Summary

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. freehand exercise without the weights are resistance exercise you can do outside the gym with no equipment.