



CEN SPORTS

ONLINE SPORTS FESTIVAL



FITNESS CHALLENGE

Note: Videos of all the exercises will be published by Monday, 7th December for your referrals.

Gender	Exercises	Parameters	Measures
U-13 Category			
Boys	Push Ups	No. of push ups in 1 min	Muscle strength & endurance (Shoulder power)
Girls	Modified Push Ups	No. of push ups in 1 min	Muscle strength & endurance (Shoulder power)
Boys & Girls	Plank	1 min	Core Strength
Boys & Girls	Suryanamaskar	No. of Suryanamaskars with proper posture in 1 min	Flexibility & Cardiovascular
Boys & Girls	Vrikshasan (Tree Pose)	Hold for 30 seconds in final position	Balance & Stability
U-15 Category			
Boys	Push Ups	No. of push ups in 1 min	Muscle strength & endurance (Shoulder power)
Girls	Modified Push Ups	No. of push ups in 1 min	Muscle strength & endurance (Shoulder power)
Boys & Girls	Plank	1.30 min	Core Strength
Boys & Girls	Suryanamaskar	No. of Suryanamaskars with proper posture in 1 min	Flexibility & Cardiovascular
Boys & Girls	Padhastasan	Hold for 30 seconds in final position	Stretching
U-17 Category			
Boys	Push Ups	No. of push ups in 1 min	Muscle strength & endurance (Shoulder power)
Girls	Modified Push Ups	No. of push ups in 1 min	Muscle strength & endurance (Shoulder power)
Boys & Girls	Plank	2 min	Core Strength
Boys & Girls	Suryanamaskar	No. of Suryanamaskars with proper posture in 1 min	Flexibility & Cardiovascular
Boys & Girls	Paschimotasan (Seated Forward Bend)	Hold for 30 seconds in final position	Stretching of Spine, Shoulders & Hamstring

*SUBJECT TO CHANGE

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