

FITNESS CHALLENGE EXERCISES

U-11 Fitness				
Sr.No.	Girls	Boys	No. of rounds	Time
1	High Knees	High Knees	-	1 min non- stop
2	Modified Push-Ups	Push-Ups	10	Within 1 min
3	Plank	Plank	-	Hold for 1 min

U-15 Fitness				
Sr.No.	Girls	Boys	No. of rounds	Time
1	Modified Push-Ups	Push-Ups	15	Within 1 min
2	Sit ups	Sit ups	20	Within 1 min
3	Burpees	Burpees	5	Within 1 min

U-19 Fitness				
Sr.No.	Girls	Boys	No. of rounds	Time
1	Plank with alternate leg lifts	Plank with alternate leg lifts	-	Hold for 1 min
2	Sumo Squats	Sumo Squats	15	Within 1 min
3	Wall Push-ups	Push-ups	15	Within 1 min