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INTRODUCTION

WELCOME TO THE TRAINING GROUND

Dear Parents & Super Kids, You don't need a gym, heavy weights, or expensive machines to become strong. You have the best machine in the world right here—**Your Own Body!**

This book contains 20 powerful moves.

- **The Animal Moves** will make you flexible.
- **The Turbo Moves** will make you fast.
- **The Power Moves** will make you strong.

Clear some space in the living room, put on your favorite music, and let's get moving!



PART 1: THE JUNGLE GYM (Animal Movements)

Ye exercises animals ki nakal karti hain.
Ye warm-up aur full-body coordination ke liye best hain.

1. THE BEAR CRAWL

Kaise karein:

1. Apne dono haathon aur pairon par aa jayein (all fours), lekin dhyan rahe ki aapke ghutne (knees) zameen se thoda upar rahein.
2. Apni back ko table ki tarah flat rakhein aur samne dekhein.
3. Apna right hand aur left foot ek saath aage badhayein.
4. Phir apna left hand aur right foot aage badhayein. Pure kamre mein ek grizzly bear ki tarah chalein!

The Super Power (Benefits):

- **Full Body Strength:** Ye aapke shoulders, chest aur legs ko ek saath kaam karne par majboor karta hai.
- **Brain Booster:** Opposite limbs (Right Hand + Left Foot) ko move karne se "Cross-Lateral Coordination" improve hota hai, jo brain ke dono sides ko connect karta hai.

2. THE CRAB WALK

Kaise karein:

1. Floor par baith jayein, pair flat rakhein aur haath peeche ki taraf rakhein.
2. Apne hips ko chhat (ceiling) ki taraf upar uthayein taaki aap hawa mein rahein.
3. Apne haathon aur pairon ka use karke peeche ki taraf (ya sideways) chalein.

The Super Power (Benefits):

- **Anti-Slouching:** Ye chest aur shoulders ko kholta hai, jo un bacho ke liye best hai jo screen ke samne jhuk kar baithte hain.
- **Tricep Strength:** Ye arms (pichla hissa) aur glutes ko mazboot banata hai.

3. THE FROG JUMP

Kaise karein:

1. Pairon ko phailakar khade ho jayein.
2. Squat position mein niche jayein jab tak aapke haath zameen ko na chhu lein.
3. Ab poori taqat se upar ki taraf jump karein aur aasman ki taraf haath badhayein!
4. Wapas soft landing karein squat position mein. "Ribbit" ki awaaz nikalna optional hai!

The Super Power (Benefits):

- **Explosive Power:** Ye "Fast-Twitch Muscle Fibers" develop karta hai, jisse aap sports mein tez bhag paate hain.
- **Hip Mobility:** Deep squatting se hips ke joints healthy aur flexible rehte hain.

4. THE DUCK WALK

Kaise karein:

1. Poora niche squat karein jab tak aapka bottom aapki heels ke paas na aa jaye.
2. Chest ko seedha rakhein (zyada aage mat jhukein).
3. Is low position mein rehte huye aage ki taraf chalein. Khade hone ki koshish na karein!

The Super Power (Benefits):

- **Leg Endurance:** Ye thighs (quads) mein ek deep burn feel karata hai, jisse stamina badhta hai.
- **Ankle Stability:** Ye ankles ko mazboot karta hai taaki bhagte waqt injury na ho.

5. THE GORILLA SHUFFLE

Kaise karein:

1. Niche jhuk kar squat karein.
2. Apne dono haathon ko floor par right side rakhein.
3. Apne dono pairon ko jump karke right side haathon ke paas layein.
4. Phir haath aage badhayein aur pairon se shuffle karein. Kamre mein sideways chalein.

The Super Power (Benefits):

- **Agility:**Ye side-to-side movement ko sudharta hai, jo football aur basketball jaise games mein kaam aata.
- **Upper Body Support:** Ye haathon ko poore sharir ka wazan sambhalna sikhata hai.

6. THE INCHWORM

Kaise karein:

1. Seedhe khade ho jayein. Kamar se jhukein aur zameen ko chhuyein (pair seedhe rakhne ki koshish karein).
2. Haathon ke sahare aage chalein jab tak aap push-up position (Plank) mein na aa jayein.
3. Ek second hold karein.
4. Ab chhote kadam lekar apne pairon ko haathon ki taraf layein, dhyan rahe pair seedhe rahein.

The Super Power (Benefits):

- **Flexibility:** Ye hamstrings (pairon ki pichli muscles) ko deep stretch deta hai.
- **Core Stability:** Khade hone se plank tak ka movement tummy muscles ko tight karta hai.

7. THE DONKEY KICK

Kaise karein:

1. Apne haathon aur ghutno par aa jayein (Tabletop position).
2. Ghutne ko 90-degree par moad kar rakhein.
3. Ek pair ko chhat ki taraf uthayein, jaise aap chhat par pair ka nishaan (stamp) laga rahe hon.
4. Niche layein bina zameen ko touch kiye aur repeat karein.

The Super Power (Benefits):

- **Posterior Chain:** Ye lower back aur glutes (hip muscles) ko strong banata hai.
- **Spine Protection:** Mazboot glutes bhagte waqt aapki back ko support dete hain.



PART 2: THE TURBO ZONE (Cardio & Energy)

Ye exercises dil ki dhadkan badhati hain.
Sugar burn karne aur extra energy
nikalne ke liye ye best hain!

8. JUMPING JACKS (Star Jumps)

Kaise karein:

- Seedhe khade ho jayein, haath side mein rakhein (Pencil shape).
- Jump karke pairon ko phailayein aur usi waqt sir ke upar taali (clap) bajayein (Star shape)
- Turant jump karke wapas Pencil shape mein aa jayein. Ise jaldi-jaldi repeat karein.

The Super Power (Benefits):

- **Heart Health:** Ye shareer ke kone-kone tak blood pump karta hai.
- **Rhythm & Coordination:** Haath aur pairon ko ek saath chalana seekhne se athletic ability badhti hai.

9. MOUNTAIN CLIMBERS

Kaise karein:

1. Push-up position (Plank) mein shuru karein
2. Apne Right ghutne (knee) ko chest ki taraf layein.
3. Ab jaldi se legs switch karein—Right leg ko peeche phenkein aur Left knee ko andar layein.
4. Aisa lagega jaise aap floor par bhag rahe hain!

The Super Power (Benefits):

- **Core Endurance:** Jab pair move karte hain, toh abs ko body hold karne ke liye bahut mehnat karni padti hai.
- **Calorie Burn:** Kam samay mein energy burn karne ka ye sabse fast tareeka hai.

10. BURPEES (THE ULTIMATE CHALLENGE)

Kaise karein:

1. Seedhe khade ho jayein.
2. Niche jhukein, haath floor par rakhein aur jump karke pairon ko peeche phenkein (Push-up position).
3. Jump karke pairon ko wapas haathon ke paas layein.
4. Ab hawa mein unchi jump lagayein!

The Super Power (Benefits):

- **Total Body Conditioning:** Ye chest, arms, abs aur legs ko ek saath use karta hai.
- **Metabolism Boost:** Sirf 10 burpees karne se body ka metabolism turant jaag jata hai.

11. SKIER JUMPS (LINE JUMPS)

Kaise karein:

1. Floor par ek imaginary line sochein.
2. Dono pairon ko saath mein rakhein.
3. Line ke upar se jaldi-jaldi left se right jump karein.
4. Apne knees ko soft aur bouncy rakhein.

The Super Power (Benefits):

- **Reaction Speed:** Ye pairon ko tez chalne ki training deta hai (Quick Feet).
- **Joint Strength:** Side-to-side motion ghutno ko twists se bachane ke liye mazboot banata hai.

12. HIGH KNEES

Kaise karein:

1. Ek hi jagah par bhagein (Run on the spot)
2. Lekin normal jog ke bajaye, apne knees ko kamar (waist) ki height tak upar uthayein.
3. Saath mein apne arms ko bhi pump karein.

The Super Power (Benefits):

- **Speed Training:** Ye professional sprinters ki bhagne ki technique jaisa hai.
- **Hip Flexor Strength:** Mazboot hip flexors aapko tez bhagne aur zor se kick marne mein madad karte hain.

13. BUTT KICKS

Kaise karein:

1. Ek hi jagah par bhagein.
2. Har step par apni heels se apne hi bottom ko kick karne ki koshish karein.
3. Apni upper body ko seedha rakhein.

The Super Power (Benefits):

- **Dynamic Stretching:** Ye bhagte huye front thigh (Quads) ko stretch karta hai.
- **Hamstring Speed:** Ye hamstrings ko jaldi contract hone ki training deta hai.

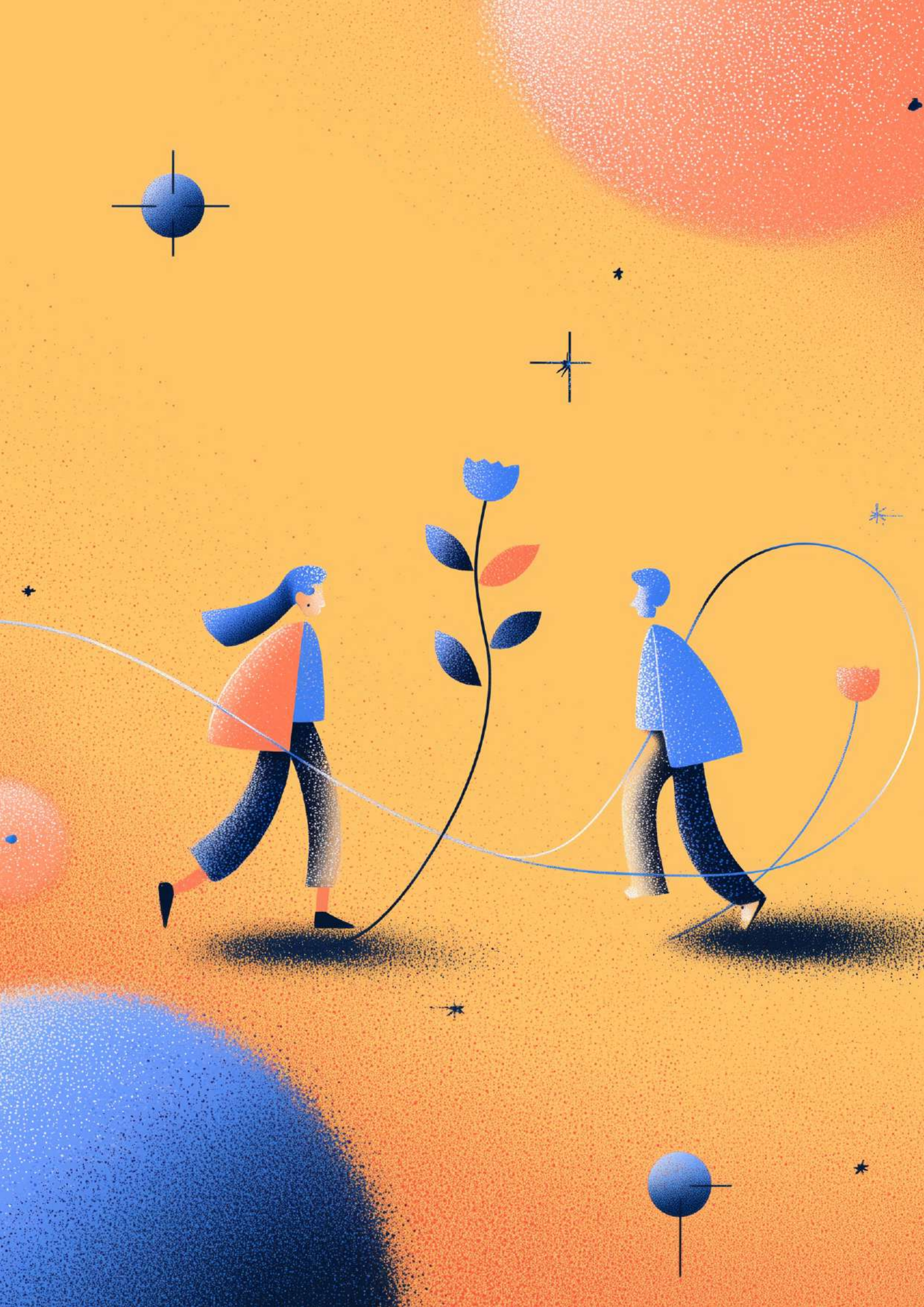
14. BALLOON KEEP-UP

Kaise karein:

1. Ek balloon fulaein.
2. Rule: Balloon kabhi bhi floor ko touch nahi karna chahiye.
3. Haath, sir, elbows ya pairon ka use karke ise hawa mein uchaalte rahein.

The Super Power (Benefits):

- **Hand-Eye Coordination:** Aapko ek chalti hui cheez ko dekhna aur us tak pahuchne ke liye body move karna hota hai.
- **Spatial Awareness:** Balloon par focus karte huye aap furniture se bina takraye kamre mein ghoomna seekhte hain.



PART 3: THE STATUE ZONE (Strength & Focus)

Ye exercises control, balance aur muscle banane ke baare mein hain.

15. THE PLANK (The Log)

Kaise karein:

1. Apne pet (tummy) ke bal let jayein.
2. Apne elbows aur toes (paeron ki ungliyon) par poore sharir ko upar uthayein.
3. Apni body ko ek lakdi ke phatte (wooden plank) ki tarah seedha rakhein. Hips ko niche na girne dein aur na hi zyada upar uthayein.
4. Jitni der ho sake, hold karein!

The Super Power (Benefits):

- **Posture Perfection:** Ye spine ke charo taraf muscles ka ek "corset" bana deta hai, jisse bache seedha baithna aur khade hona seekhte hain.
- **Mental Focus:** Jab mushkil lage tab bhi ruke rehna "Mental Resilience" (dimagi mazbooti) sikhata hai.

16. THE WALL SIT (Invisible Chair)

Kaise karein:

1. Apni peeth ko deewar (wall) se tika kar khade ho jayein.
2. Niche ki taraf slide karein jab tak aapke ghutne aise na mud jayein jaise aap kisi kursi par baithe hon.
3. Hold karein! Haathon ko ghutno par nahi rakhna hai!

The Super Power (Benefits):

- **Isometric Strength:** Ye bina hile-dule thighs ki muscles ko pathar jaisa mazboot banata hai.
- **Joint Stability:** Ye knee-cap ke paas wale tendons ko strong karta hai.

17. SUPERMAN LIFTS

Kaise karein:

1. Pet ke bal flat let jayein. Haath samne ki taraf phailayein.
2. Apne haath, chest aur pairon ko ek saath floor se upar uthayein.
3. Bilkul udte huye Superman ki tarah dikhein! 3 seconds hold karein, phir niche layein.

The Super Power (Benefits):

- **Back Health:** Tablets ya books ke liye jhuk kar baithne se jo asar padta hai, ye use theek karta hai.
- **Spine Strength:** Ye backbone ke saath wali "Erector Spinae" muscles ko taqat deta hai.

18. THE FLAMINGO (One-Leg Balance)

Kaise karein:

1. Ek pair par khade ho jayein. Doosra pair uthakar apni calf (pindli) par rakhein (ghutne par nahi).
2. Haathon ko prayer position mein rakhein ya paron (wings) ki tarah phailayein
3. "Super Challenge" ke liye apni aankhein band karne ki koshish karein.

The Super Power (Benefits):

- **Proprioception:** Iska matlab hai ye samajhna ki "aapki body space mein kahan hai."
- **Ankle Strength:** Wo jo halki si ladkhadahat (wobble) hoti hai, wo pairon aur ankles ki chhoti muscles ko mazboot karti hai.

19. WHEELBARROW WALK

(Note: Requires a partner - Parent or Sibling)

Kaise karein:

1. Bacha push-up position mein aa jaye.
2. Partner bache ke ankles ko pakad kar upar utha le.
3. Ab bacha sirf apne haathon ka use karke aage chale!

The Super Power (Benefits):

- **Shoulder Stability:** Haathon ko body ka zyada wazan uthana padta hai.
- **Teamwork:** Ek hi speed par chalne ke liye aapko apne partner se baat karni padti hai.

20. SIT-UP HIGH FIVES

Kaise karein:

1. Peeth ke bal let jayein, ghutne mude huye aur pair zameen par flat
2. Parent pairon ko pakad le (ya unhe sofa ke niche fasa lein).
3. Poora upar tak baithein (Sit-up) aur upar pahuch kar High-Five dein! Phir wapas niche let jayein.

The Super Power (Benefits):

- **Core Strength:** Ye pet ki muscles (Abs) ko strong banata hai.
- **Functional Movement:** Leti hui position se uth kar baith paana ek bahut zaroori life skill hai.