Appendix-II

DETAILED INSTRUCTION AND DESCRIPTION OF EXERCISE IS GIVEN BELOW

1. SPINAL ROCK

Starting Position  Lie flat on the back

Movement  Bend the legs, and bring the knees together against the chest. The ankles may be together or crossed, clasp the hand behind the knees or on top of knees. Now rock gently forward and backward on rounded back, continue for at least 15 to 20 times.

2. BACK OVER

Starting Position  Lie on your back with arms extended out from your sides.

Movement  With your legs straight, bring your legs over your head, bending at waist, roll back until you feel a stretch in low back area after reached final position return to starting position, continue for at least 10 times.
3. SIDE STRETCHES

Starting position: Stand with your feet shoulder width apart and your hands closed over head.

Movement: Bend from side to side holding 5 seconds for each side, repeat 10 times each side.

4. ALTERNATIVE PRONE LIFTS

Starting Position: Lie face down on the floor with your arms and legs extended.

Movement: Raise the right arm and left leg simultaneously and then return to starting position. Alternative from the left side of the body, repeat 10 times each side.

5. ONE LEG JUMPING

Starting Position: Stand with your feet 6 to 8 inches apart and parallel to each other.

Movement: Bending one leg from the knee simultaneously with the help of arm taking jump upward from the ground respect 10 time each side.

6. LINE WALKING AFTER FRONT ROLL

Starting Position: Stand with your feet apart and parallel to each side.

Movement: Bend forward and take the weight of the
body on the hands take the head well under and roll with the knees on the chest swing the arms well forwards to assist you or on to your feet repeat at least 5 forward roll then walk on 10 meters line.

7. 5-METERS DASH

Starting Position  Starting position is just 100 m. Crouch start.

Movement  At the signal received from the starter the subject run for 5 meters as fast possible.

8. RAISING THE HANDS WITH FOLDED HANDS

Starting Position  Starting with your feet apart and parallel to each other.

Movement  Raise the hands by the side up the to shoulder level and come back to starting position. Repeat the movement 20 times.

9. WALKING ON HANDS WITH PARTNER

Starting Position  One subject taking position of dips and other subject stand in the back near to feet.

Movement  The subject who stand back called lifts learning forward for lifting the partners from the holding the knee then, asked walk forward for the 10 steps and then return back to starting position.
10. STRIDE STRETCHES

**Starting Position**
Leans forward with your hands on floor and your flexed under your chest. The other leg should be stretched out behind.

**Movement**
Keeping your arms straight, leave forward pushing your hips downward and straighten the trailing leg and then return to starting position. Repeat 10 times each side.