



Jawaharlal Nehru University

Sports office, IHA

Organises



21 Days Fitness Workshop

Come and Transform



Starting from 04-10-2024

7.00 AM to 8.00 AM (Monday to Saturday)

Venue – Sports Stadium

Open for JNU Community

Please Note:

Participants are requested to come in sports kit.

Registration will be done on the spot.

Please bring your water bottles in the camp.

Highlights of the workshop: Fitness Assessment (before and after the workshop), learning proper method of performing exercises, Step by step progression in fitness activities, Weight – training, Injury prevention exercises, Aerobic training, flexibility exercises, Calisthenics, Resistance band exercises, Plyometric drills, Mobility exercises, coordination training, group fun games, Circuit training etc.

For Queries please contact: 8532092259, 7428443598

Sports Office, IHA