

Miranda House

University of Delhi

Videos for Fitness Workout at Home

During this pandemic situation when everything is lockdown ,it becomes necessary do to certain amount of physical exercise at home to maintain minimum level of fitness. To demonstrate some of the exercises at home without any equipments, few videos have been prepared by one of our alumni during this period for the women and kids. Dr. Sayema Ahmed was a student of B.A. program, 2005- 2008 batch. She is very enthusiastic and was the best athlete of her college time. Presently she is working in the Department of Physical Education and Sports as an assistant professor at Zakir Hussain College, University of delhi. Department of Physical education and sports , Miranda House takes the privilege to share some of the videos prepared by her with Miranda House fraternity. Tomorrow we will also upload the videos for kids workout at home too."

Videos List (Click on Video title or Link to view):

Title	Link
Challenge : Speed	https://youtu.be/3AyilnZHA1w
Challenge : Flexibility	https://youtu.be/CgWey3GTEN4
Full body workout	https://youtu.be/y12_uNw-gkg
Lower Body Workout	https://youtu.be/iajAjHJlz_o
Kids Workout 1	https://youtu.be/Zq3tZp8KgYk
Kids Workout 2	https://youtu.be/Sf7ZplYXtLY
Kids Workout 3	https://youtu.be/9DXAKrc-C-8
Kids Workout 4	https://youtu.be/6AQb2gyg6FQ
Kids Workout 5	https://youtu.be/1u_HjU5gexE

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