

GYMNASIUM:

The college has a well-equipped Gymnasium for the students, where most modern fitness of health equipments are kept in air conditioned chamber. An instructor of Gymnasium helps the students in this regard. Dumbbells, Bench Press, Indoor Cycle Bike, Indoor Walker, Incline Bench Press, Leg Extension machine, Lat pulldown machine etc are present in the Gymnasium. Biceps, brachialis, and forearms muscles are developed by dumbbells. These include Biceps, Triceps, latissimus dorsi, Shoulders, Chest, and Upper Back. There are different techniques when doing a bench press, three main ones are: close grip, wide grip, and close grip with elbows in. This is used for the strength of the upper body part. Indoor Cycle Bike develops Calf – Soleus, and gastrocnemius, Thigh – Hamstrings and quadriceps, Gluts/Buttocks – Gluteus maximus, medius, and minimus, Arms – Biceps, and triceps, Shoulders – Deltoids, Foot – Plantar flexors, and dorsiflexors. Similarly, Walkers develop the calf, thigh and foot muscles.

Vide YouTube Video link:

<https://youtube.com/shorts/y8zt3wWoHyl?feature=share>