

Anatomy And Exercise Physiology In Hindi

[illegible]

□□□□ □□ □□□□□□□□□□ □□□□□□ (Anatomy)

000000 00 000000000000 0000000 00000 00 000000000, 0000000000000, 000000 00 00000 000 00 00000000 00 000000 000 000 00000 000 00000 00
 0000000 00 000000 00000 00 00 0000000 00 00 000000000 000 00000 000 00000 000 00 00000 00 00 000 000000 00000 00 00000000000 000
 0000000 00000 00000

☐☐☐☐☐☐☐☐ ☐☐ ☐☐☐☐☐ (Bones)

206

1. **Skull (Skull)** - Skull is the skull of the skull
2. **Skull (Skull-Skull)** - Skull is the skull of the skull
3. **Skull is the skull of the skull** - Skull is the skull of the skull
4. **Skull is the skull of the skull** - Skull is the skull of the skull

4. □□□ □□□□□□□□□ □□□□□□ □□ □□□□□□

[illegible]

□□□□□□□□ □□ □□□□ (Precautions and Tips)

[illegible]

1. ဝတ်စုံဝတ်စုံ ဝတ် ဝတ်စုံ ဝတ်စုံ-ဝတ် ဝတ်စုံ ဝတ်စုံ ဝတ်
2. ဝတ်စုံဝတ်စုံ ဝတ် ဝတ်စုံ ဝတ် ဝတ်စုံ
3. ဝတ် ဝတ်စုံ ဝတ် ဝတ်စုံ ဝတ်စုံ
4. ဝတ်စုံ ဝတ်စုံဝတ် ဝတ် ဝတ်စုံ ဝတ် ဝတ်စုံဝတ် ဝတ်စုံ
5. ဝတ် ဝတ်စုံ ဝတ် ဝတ်စုံဝတ်စုံ ဝတ် ဝတ်စုံ ဝတ်စုံ
6. ဝတ် ဝတ်စုံ ဝတ်စုံဝတ်စုံ ဝတ်စုံ ဝတ် ဝတ်စုံ ဝတ်, ဝတ် ဝတ်စုံ ဝတ် ဝတ်စုံဝတ် ဝတ်စုံ

□□□□:

1. 000000000 0000 000000
2. 00000000 00 00000000 000000
3. 0000 00 0000000000000000 00 000000 000000
4. 0000000 00000 00 0000 000000000 00 0000000000

□ □ □ □ □ □ □ □

[illegible]

□□□□ □□□□ □□ □□□□□□ (Anatomy) □□ □□□□□□

□□□□ □□□□□□ □□□□□□□□ (Major Organ Systems)

5

□□□□ □□ □□□□□□ □□□□□□ □□ □□□□□□ □□□□□□□□

[illegible]

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

[illegible]

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

0000 0000 000 000 00000000 00 000000000000 000 0000 000, 00 00000000 00000000 00 000 00000000000 000: 1. 0000000000
 000000000000 (0000000-0000): - 0000000000 (Voluntary) - 000000: 000, 000, 000000 2. 000000000000 000000000000 (0000000000): -
 0000000000 (Involuntary) - 000000: 0000, 000000 3. 000000 000000000000: - 0000000000 00 000000000 000000 00 0000000 000000000000 00
 000000 000000 000 00000000 0000, 000000 00 0000000 0000, 00 0000 00 0000000 0000 0000 000 00000000 00 00000000 00 000000,
 0000000, 00 0000000000 000000 000

□ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □

Өөрөөр тооцогдсон болгоомжтой тооцоог өөрөөр тооцож, үнэ нь тооцогдсонгүй бол үнэ тооцогдсон бол, өөрөөр тооцож үнэ тооцож бол
 тооцогдсон болгоомжтой тооцоо бол - өөрөөр тоо тооцоо: - тооцогдсон болгоомжтой тоо тооцоо бол тооцогдсон болгоомжтой - тооцогдсон бол тооцогдсон
 тооцогдсон болгоомжтой бол тооцогдсон - өөрөөр тоо тооцоо: - өөрөөр тооцоо бол тооцогдсон болгоомжтой - тооцогдсон болгоомжтой тооцоо болгоомжтой бол
 тооцогдсон болгоомжтой бол тооцогдсон болгоомжтой бол тооцогдсон бол тооцоо бол, өөрөөр тооцоо бол тооцогдсон бол тооцоо бол тоо тооцоо болгоомжтой бол тооцоо болгоомжтой
 бол

[illegible]

1. **Strength Training (Strength Training):** - **Weightlifting, Resistance Training** - **Goal:** Increase muscle mass, improve strength. **2. Endurance Training (Endurance Training):** - **Cardio, Long-distance running, Swimming** - **Goal:** Improve cardiovascular fitness, increase stamina. **3. Flexibility & Relaxation (Flexibility & Relaxation):** - **Yoga, Pilates, Stretching** - **Goal:** Improve flexibility, reduce stress. **4. Cardiovascular Exercise (Cardiovascular Exercise):** - **Jogging, Cycling, Swimming** - **Goal:** Improve heart health, burn calories.

00000000 00 0000 0000 00 000000000 00000 0000, 00 0000-0000 00000000000 000000000 000 000000 0000 0000: - 000000000000 00
 000000: - 0000-0000 0000 00 000 0000000000000 00 000000000 00 000000000000 00000 0000 0000 - 0000 00 0000000 00
 000000000000 000 00000: - 0000000 00 000000 00000 00, 00000 00000000 000 000000 0000 0000 - 0000000 00 0000000 00 0000
 000000: - 00000000 00 0000000000 00 000000 00000 00, 00 0000 00 0000 00 00 0000 0000 - 0000000000000 00 000 0000:

[illegible]

[illegible]