



indian clubs

Indian club Indian clubs, which originated in the Indian subcontinent, are a type of exercise equipment used to present resistance in movement to develop strength and mobility. They consist of juggling club shaped wooden clubs of varying sizes and weights, which are swung in certain patterns as part of a strength exercise program. They can range in weight from a few pounds each to special clubs that can weigh as much as up to 100 pounds. They

were used in carefully choreographed routines in which the clubs were swung in unison by a group of exercisers, led by an instructor, similar to 21st-century aerobics or zumba classes. The routines would vary according to the group's ability along with the weights of the clubs being used. When the 19th-century British colonists came across exercising clubs in India, they named them Indian clubs.

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If you are looking for a great mobility workout routine using Indian clubs, you've landed in the right place. In this article, we will cover what you need to know about mobility training with Indian clubs and we have the perfect full body mobility routine for you, which includes bodyweight ground exercises as well to ensure all your joints and muscles are accounted for.

NW: 400-450g

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