

Sit-up Exercise :



Event Date Record Date Bikram/AD	Record Type	Place of Event	Program Organizer	Profermance Repetitions	Time H:M:S	Previous record	Current Nepal National Record Holder	Sex , Age	Remarks
20701120 04032014	Nepal Highest	Dasharatha stadium	NSC, Sports management & Monitoring committee	2123 Repetitions Non-stop	01:13:45	----- (Broken)	Ramchaandra Khanal	Man/ 57	National Record
20701120 04032014	One Hour	Dasharatha Stadium	NSC, Sports management & Monitoring committee	1788 Repetitions Non-stop.	01:00:00	----- (Broken)	Ramchandra Khanal	Man/ 57	National Record
20701120 04032014	Age Factor	Dasharatha Stadium	NSC, Sports management & Monitoring committee	2123 Repetitions at 57 old age Non-stop	01:13:45	-----	Ramchandra Khanal	Man/ 57	National Record
20730328 04072016	One minute	Lagankhel Lalitpur	Tribhuvan army club Training and sports center	58 repetitions Non-stop	00:01:00	-----	Ramchandra Khanal	Man/ 60	National Record
20730328 04072016	Two Minute	Lagankhel Lalitpur	T. Army club, Training & S C	115 Repetitions Non-stop	00:02:00	-----	Ramchandra Khanal	Man/ 60	National Record
20730328 04072016	Five Minute	Lagankhel Lalitpur	T. Army club, Training & S C	278 Repetitions Non-stop	00:05:00	-----	Ramchandra Khanal	Man/ 60	National Record
20730328 04072016	Ten Minute	Lagankhel Lalitpur	T. Army club, Training & S C	535 Repetitions Non-stop	00:10:00	-----	Ramchandra Khanal	Man/ 60	National Record
20730328 04072016	Fifteen Minute	Lagankhel Lalitpur	T. Army club, Training & S C	770 Repetitions Non-stop	00:15:00	-----	Ramchandra Khanal	Man/ 60	National Record
20730328 06072016	Thirty Minute	Lagankhel Lalitpur	T. Army club, Training & S C	1436 Repetitions Non-stop	00:30:00	-----	Ramchandra Khanal	Man/ 60	National Record
20730328 04072016	1000 sit-ups	Lagankhel Lalitpur	T. Army club, Training & S C	20 Minute 04 seconds /	00:20:04	-----	Ramchandra Khanal	Man/ 60	National Record
20730330 06072016	One Hour	Lagankhel Lalitpur	Tribhuvan Army club, Training &	2625 Repetitions Non-stop.	01:00:00	1788 Ram Chandra	Ramchandra Khanal	Man/ 60	National Record

			Sports centre			Khanal			
20730330 06072016	Nepal Highest	Lagankhel Lalitpur	Tribhuvan Army club, Training & Sports centre	2625 Repetitions Non-stop.	01:00:00	2123 Ram Chandra khanal	Ramchandra Khanal	Man/ 60	National Record
20730330 06072016	Age factor	Lagankhel Lalitpur	Tribhuvan Army club, Training & Sports centre	2625 Repetitions Non-stop.	01:00:00	2123 Ram Chandra khanal	Ramchandra Khanal	Man/ 60	National Record
Cetificates and Letters From Youth and sports ministry were : 1-2072-03-25 Ref No.1949/071/072 2-2073-05-12 Ref No.269/073/074 3-August 28,2016Ref.No270 /Guinness 4-22 nd April, 2014 Ref,No,1612. " " " 5-2073-08-01 Ref.No.2/839 Recommended letter by health Ministry.			6+1 items are recommended to Guinness book of the world records by Nepal government Youth & sports Ministry two times.	Nepal champions declared two times by Nepal government youth and sports Ministry.	Three events managed For Ram Chandra Khanal's sit-up capacity checking.	Sit-up was certified by Youth and sports Ministry on the recommendation of NSC.	You can watch the video of sit up in the you tube address Ramchandra Khanal Rampur Palpa sit-up in one hour/sit-up in 30 minutes.	He is a diabetics sugar patent from 2067 B S	His total sit-up National Records are 13 and 2 broken by himself Now 11 records.

=At the date of 2070-11-20 (04th march 2014) Sit-up in Dasharatha Stadium he Started at 07:27:19 and Ended 08:41:04.AM.Total time 01 hour 13 Minute and 45 seconds and performance 2123 repetitions.

=At the date of 14th July 2016(2073-03-30)from 07:56:29 to 08:56:29AM one hour sit-ups 2625 repetitions at physical training and sports center lagankhel .

=At the date of 12th July 2016 Tuesday (2073-03-28) from 08:03 to 08:33 AM sit-up for 30 minute performed 1436 Repetitions at Physical training and sports centre Gym hall Lagankhel.

1. You tube address of 2625 sit ups: Most sit-ups in one hour =

[Youtube.com/watch?v=90gzKOfi6cl&t=217s](https://www.youtube.com/watch?v=90gzKOfi6cl&t=217s)

Or, Ramchandra khanal Rampur Palpa Most sit-ups in 1 hour /60 year oldest world record.

2. Address of 2123 sit-ups (Nepal longest sit-ups) you tube.com/watch?v=IFaJ6R2MKHY&t=17s

Or, Ramchandra khanal Rampur Palpa longest sit-up /Nepal record.

3. Most sit-ups in 30 minutes 1436 repetitions: you tube.com/watch? V=s-kv3UPormuo&t197s

4. Certificates was given by Ministry of youth and sports on 2072-03-25 Ref.No.1949 for 3 national records and National champion in sit-up 2123.

5 Certificate was allowed by Ministry of youth and sports on 2073-05-12 Ref.No.269 for 10 national records and National champion in sit-up exercise.

Chin-up Exercise (Pull-up Short-cut):

Event Date Record Date BS/BC	Record type	Place of event	Program organizer	Performance repetitions	Time H:M:S	Previous-Record holder	Current Nepal National Record Holder	Sex/age	Remarks
20711125 09032015	One set	Maru Basantpur, Kathmandu, Nepal	High level sports management & technical committee	170 Repetitions Non-stop	00:01:11 One Minute eleven seconds	-----	Ram Chandra Khanal	Man/58 years old.	Nepal National Record.
20711125 09032015	Nepal Highest	Maru Basantpur, Kathmandu, Nepal	High level sports management & technical committee	1330 Repetitions	01:00:00 One Hour	-----	Ram Chandra Khanal	Man / 58	Nepal National Record.
20711125 09032015	Minimum set	" " Basantpur KTM.	" "	18 Eighteen set only	01:00:00 One Hour	-----	Ram Chandra Khanal	Man / 58	Nepal National Record.
20711125 09032015	Age factor/group	" "	" "	58 years old person	01:00:00	-----	Ram Chandra Khanal	Man 58	Nepal National Record.

On the Date 21st April 2015 Ref. No.1597 Ministry of youth and sports recommended to Guinness world records for four records and on the same date Ref.No.1598 the Y. & S. ministry allows him Four National records and Nepal national champion's certificate. You can watch this chin-up (pull-up short-cut) exercise in you tube web page address : Ramchandra khalan Rampur Palpa chin-up one hour.

=At the date of 09-03-2015 (2071-11-25) from 09:34:00 to 10:34:00 Am. total one hour time Chin-up-Pull-up (short-cut) done at Maru Basantpur Kathmandu Shanti Nikunja Ma.Vi. And performed 1330 repetitions.

4Chin-ups (pull-ups short-cut) 1 hour 1330 repetitions: You tube Video address:

[you tube.com/watch?v=HxxceRFzZhe&t=22s](https://www.youtube.com/watch?v=HxxceRFzZhe&t=22s)

Certificate was presented by Ministry of Youth and sports on 21st April 2015 Ref.No.1598 for 4 National Records with Nepal champion.

Push-up Exercise:

Event Date Record Date BS/BC	Record type	Place of event	Program organizer institute	Performance repetitions	Time H:M:S	Previous Record holder	Current Nepal National Record Holder	Sex/age	Remarks
20751127 11032019	One Minute	Halchok syambhu Ktmandu	Armed police force APF Gym hall	155 Repetitions	00:01:00	-----	Ramchandra Khanal	Man/62 year old.	Nepal National Records
20751127 11032019	One Set	Halchok syambhu Ktmandu	Armed police force APF Gym hall	310 Repetitions	00:02:13	-----	Ramchandra Khanal	Man/62 year old.	Nepal National Records
20751127 11032019	15 Minute	Halchok syambhu Ktmandu	Armed police force APF Gym hall	851 Repetitions	00:14:07	-----	Ramchandra Khanal	Man/62 year old.	Nepal National Records
20751127 11032019	30 Minute	Halchok syambhu Ktmandu	Armed police force APF Gym hall	1406 Repetitions	00:26:46	-----	Ramchandra Khanal	Man/62 year old.	Nepal National Records
20751127 11032019	One Hour/ Man	Halchok syambhu Ktmandu	Armed police force APF Gym hall	2845 Repetitions	01:00:00	-----	Ramchandra Khanal	Man/62 year old.	Nepal National Records
20751127 11032019	Nepal Highest	Halchok syambhu Ktmandu	Armed police force APF Gym hall	2845 Repetitions	01:00:00	-----	Ramchandra Khanal	Man/62 year old.	Nepal National Records

20751127 11032019	Old Age /Factor Senior Group	Halchok syambhu Ktmandu	Armed police force APF Gym hall	2845 Repetitions	01:00:00	-----	Ramchandra Khanal	Man/62 year old.	Nepal National Records
20751127 11032019	1000 push- ups	Halchok syambhu Ktmandu	Armed police force APF Gym hall.	1000 Repetitions	00:18:07	-----	Ramchandra Khanal	Man/62 year old.	Nepal National Records

On the date of 2076-04-05 Ref.No.5/076/077 National Sports Council of Nepal allows 08 /Eight Nepal national Records in Push-up Exercise with Nepal national Champion. On June 10th, 2019 Ref. No. 2013, Government of Nepal Ministry of Youth and sports recommended to Guinness world records Limited London office to Record in 5 different items in the Book of world Records in The Guinness book of the world records.

=At the date of 2018-03-11(2075-11-27) from 07:45:00 to 08:45:00 AM. Push-up one Hour performed 2845 repetitions at Armed police force (APF Gym Hall) Halchowk Kathmandu.

5 Youtube video address: Push-ups in one hour 2845 Repetitions:

[you tube.com/watch?v=esyepZdRUPE&t148s](https://www.youtube.com/watch?v=esyepZdRUPE&t148s)

Certificate was allowed by National sports council on 2076-04-05 Ref.No.05 /o76,077 for 8 National Records in push-up and Nepal champion.