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FOCUS ON AEROBIC (LI) TYPE OF MOTOR ACTIVITY BASED ON FITNESS PROGRAMS

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ABSTRACT

Eng common fitness programs are focused on aerobic physical activity and are based on their use.

The term e Rob has 2 different meanings, in a broad sense e robika is a diverse exercise, and e robika is a means of an exercise system designed to manage and develop the ability to perform energy-providing activities: walking, running, swimming, dancing, etc. Examples: walking, jogging, swimming, dancing, etc.

In the narrow sense-physical-culture and health, fitness programs are understood as different in orientation and structure of gymnastic exercises (step-eRobika, dance-eRobika).

KEYWORDS

Aerobics, step aerobics, dance aerobics, fitness program, K. Kupper Aerobics, walking program (Hawley, Franks), fitness, cardio, cross-country running.

INTRODUCTION

The development of new technologies in the field of health and fitness, based on the requirements of the day, indicates the need for training in the content of professional activities. There is a noticeable need to introduce some technologies into practice.

Development of fitness services, in modern conditions; to qualified specialists with managerial skills, able to organize sports and recreation activities, at the same time, the requirements for existing specialists are gradually increasing.

If we focus on the basic exercises of aerobics, then these are: various types of walking-running," oh " Simon is built from jumps, squats and other movements. According to their effect on the body, different execution of movements, the use of turns, and hand movements have different effects. Numerous aerobic exercises are aimed at developing strength based on various muscle groups, correcting stride, developing flexibility and endurance.

It is recommended to divide fitness programs into 2 groups :

K.Kupper and ERobica. The most well-known and evidence-based healthcare provider is ERobica, a fitness program designed for. In doing so, we can consider walking, jogging, swimming, etc. (points) in the scoring process.

Recreational walking. Related to motor activity (activities), walking is a widespread activity that is especially important for overweight people, the elderly, and people with poor physical condition.

Wellness running (running with squats)

Walking Program (Hawley, Franks)

Table 1.1.

Rules:

start at a level that is convenient for you.

Don't skip to the next step if you feel uncomfortable.

Keep your heart rate under constant control.

Take a walk at least every day.

Stage	duration (in minutes)	of the heart with a decrease in the amount	of
Yeslatma 1	15		
2	20		
3	25		
...
<u>20</u>	60		..

Fitness programs need more balance than the recommendations of the College of Sports and Medicine (1998) in the United States (1see Table 1.1). It was found that adults with low fitness should engage in various types of exercise for 30 minutes.

After completing the walking program, switch to a running program based on your fitness level.

Jogging (Hawley, Franks, 2000)

The rule

1. You must complete a complete walking program before performing a running program.
2. Start each session with stretching and walking.
3. Don't skip to another stage if you feel uncomfortable.
4. Practice controlling your heart rate.
5. Follow the following principle and program, namely: "working day-day off".

Step 1: Complete 10 steps and repeat 5 times to determine your heart rate, then continue for 20 to 30 minutes.

Step 2: Run 20 steps and walk 10 steps, repeating this 5 times to control your heart rate. Don't let your heart rate deviate from the norm. Increase or decrease the number of exercises accordingly.

Step 3. 30 steps running 10 steps walking, repeat 5 times. Monitor your heart rate.

Step 4. Jog for 1 minute, walk for 10 steps, continue monitoring your heart rate, repeating this 3 times. (The allotted time is 20-30 minutes).

Step 5. Run 2 minutes, walk 10 steps, repeat 2 times. Monitor your heart rate, do not go beyond the acceptable range.

Step 6. Check your heart when walking a certain distance (400 or 440 meters). Control your running rhythm and, of course, the number of heartbeats. if your heart rate results are high, return to the Phase 5 program.

Step 7. Increase the load by 2 times, controlling your heart rate and pace while running. Move alternately with walking throughout the entire run.

Step 8: Try to get to 2 miles when you can, covering 1 mile. At the same time, keep your heart activity under control.

Step 9. Walk 2-3 km without stopping. Make sure your heart rate is normal.

RoRoller skating.

A high level of emotionality continues to be the most popular type of motor activity in the effective development of emotional, aerobic potential. Today,

The simulator can optionally (manually) control fitness programs, training indicators (speed, angle, distance), automatically, based on the technical structure. Using a pacemaker in this alfosis allows you to control the angle of inclination of the treadmill, the amount of loads and heart rate using a computer. And this, in turn, allows you to improve the aerobic capacity of people in terms of the effectiveness of fitness programs. : elderly people and people with an increased risk of coronary heart disease. Also, continuous monitoring of heart activity with the help of a weight loss program allows you to rehabilitate patients (in the presence of a cardiologist).

Fitness program of Ranger fartlek I simulators in fartlek programs, it is recommended to change the load level, its speed and the angle of inclination of the treadmill (track). (Session duration is 30 minutes).

Cross-country running. Loads are mainly determined by a small change in the speed of rotation of the track, as well as its angle (slope).

Pyramid. The loads given during training are constantly growing. The speed of rotation in this position is

inversely proportional to the angle of inclination of the track, which allows you to speed up the heartbeat.

Interval training. During this work, active rest alternates with intensive work.

“Up”. This process occurs by increasing the angle of inclination and gradually reducing the speed of rotation.

” Jogging ” (Running with squats). Depending on this program, the angle of inclination of the track changes depending on the speed of rotation. Stable pulse performance is achieved gradually, from the initial phase to the final phase.

Spinbake-aerobics. In recent years, Spinback aerobics (spinning, cycling) has become widespread in fitness groups. They are an important element of motor activity carried out on special exercise bikes. Spinback aerobics (Si) is the main type of training work that allows you to use the shoulder muscles, contributing to the development of static and dynamic strength and speed qualities

Table 1.22-jadval

Parameters of the work performed (performed)	training complex				
	plane movement	height movement in a sitting position	uphillclimb Iw (vertical)	movements with changing body position- (standing, sitting.)	Often-lashtirish (fast).
Lead time (minutes)	5-15	5-10	1-3	3-10	0.5-1
Movement-larning frequency in 1 minute.	100-120	50-70	50-70	100-120	140-160. 110-140 70-110
enduranceik (resistance-lar)	below average	, above average, above average.	A large	average	is less than the average, and the average is a lot.
Course of work	aerobic	aerobic-anaerobic	aerobic strength-composition with intensive dynamic work, leg muscles and static work, arm muscles	with intensive anaerobic and aerobic work with dynamic work.	Fast-Corley-strong-lik
heart rate	increase 70-80%	90-100	110	130-140	150 and more

The training will consist of high-range aerobic-anaerobic loads , power and speed movements performed at the same pace.

To increase the emotional (emotional) state during training, you can conditionally: depict on the screen (video monitor) a picture of the terrain with various

events in harmony with movements in different planes, or control the training to a certain music in accordance with the program by pedaling

The main features of Spinbike Aerobics are as follows:

* The first training complex from the reconstruction of the previous one.

* Work out all common difficulties (in 2-3 sets).

* For speed and strength (fully in 3-4-5 sets).

* “Spinbayk – aerobika” Based on the perfect organization of training” spinbike-aerobics”.

(See Table 1.2 for Spinbike-aerobics training complexes by main and general features of work.)

CONCLUSIONS AND RECOMMENDATIONS.

In conclusion, it is worth noting that the application of these programs in regions with a low ecological level is at the same time important for those who care about their health, as well as for the effective organization of leisure activities. Transition from the simplest movements to more complex ones, following the rule that sudden movements should be performed in the middle of training, gradually increasing the pace of each act of movement or motor activity; choosing the load rate that occurs when performing exercises, movements based on their internal capabilities (getting advice from a specialist, if he does not know), determining movements and exercises in accordance with them must be gradually mastered and made a habit until a skill is formed. The human body needs constant movement. To the extent that nutrients are needed by our body, physical movement is also necessary at this level. The only way to achieve long-

term activity of the musculoskeletal system is through physical exercise. Achieve physical activity of the body based on the programs described above.

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