

Based on Fitness Programs, The Orientation of Movement Activity to the Aerobic (LI) Type

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ABSTRACT

In this article, Healthy living, active optimal movement activity has its theoretical foundations, but this problem has not been fully studied to date. The analysis of the general and special literature and the analytical results of the scientific researches conducted in the period after our independence showed the need to conduct fundamental researches on the subject.

The most common fitness programs are focused on the aerobic type of physical activity and are based on their use.

The term aerobic has 2 different meanings, and in a broad sense, aerobics is a means of an exercise system designed to manage and develop the possibility of various exercises, aerobic energy supply activities: walking, running, swimming, dancing, etc. (Kupper 1989) is an example.

In a narrow sense, physical training is understood as various gymnastic exercises (step aerobics, slide aerobics, dance aerobics) in terms of the direction and structure of health and fitness programs.

It is recommended to divide fitness programs into 2 groups:

Aerobics by K. Kupper. the most popular and scientifically based fitness program developed for aerobics. In this case (in table 9.1), we can consider walking, running, swimming, etc.

Health walk. Walking is a common type of physical activity that is especially important for people who are overweight, the elderly, and those with low physical fitness.

According to the US College of Sports and Medicine (1998) recommendations, fitness programs require balance (see Table 1.1). It was found that adults with low physical condition should engage in various types of exercises for 30 minutes.

Fitness running (jogging) Walking program (Hawley, Franks)

1-table .

Rules: Start at whatever level you're comfortable with. Do not proceed to the next step if you feel uncomfortable. Always keep your heart rate under control. Walk at least every day.			
Stage	Duration (minutes)	Number of heart contractions	Note
1	15		
2	20		
3	25		
...		
20	60

After the walking program is over, switch to the running program based on your fitness level.

Running with a limp (Hawley, Franks, 2000)

The rule

1. Before doing the running program, you must complete the walking program completely.
2. Start each workout with stretching and walking.
3. If you feel uncomfortable, do not go to another stage.
4. Practice heart rate control.
5. Follow the following principle and schedule, i.e.: "working day - rest day".

Stage 1. Walk 10 steps and repeat this 5 times, determine the heart rate, continue training for 20-30 minutes.

Stage 2. Run 20 steps and walk 10 steps, repeat this 5 times and monitor your heart rate. Do not deviate from the heart rate. Increase or decrease the exercises accordingly.

Stage 3. Run 30 steps, walk 10 steps, repeat 5 times. Monitor your heart rate.

Step 4. Run for 1 minute, walk 10 steps, repeat this 3 times and monitor your heart rate. (Alloted time is 20-30 minutes).

Step 5. Run for 2 minutes, walk 10 steps, repeat this 2 times. Control your heart rate, do not go beyond the limit.

Step 6. Check your heart rate while running a certain distance (400 or 440 meters). Keep track of your running cadence and of course your heart rate. if the heart attack number results are high, then go back to step 5 program.

Step 7. Increase the load 2 times, monitor heart activity and tempo during running. Alternate between walking and jogging.

Step 8. When you run 1 mile, try to make it 2 miles as much as you can. Keep your heart under control.

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

Roller skating.

It is the most popular movement activity in the effective development of high-level emotional and aerobic capacity. To date, 15 million people around the world are engaged in roller skating.

Roller skating training, which has a biomechanical feature, is one of the difficult exercises that require a lot of muscle movement and increase muscle activity. along with this, you will need clothes, a helmet, and various protective equipment for roller skating.

At present, 4 types of tools are being developed and presented around the world. these are offered for walking, fitness, extreme (acrobatic) and universal roller skates

According to the technical characteristics of the rollers used in fitness programs in order to improve the functional state, it should be noted that the tension on the existing wheel in them greatly helps in organizing the duration of the training and at a comfortable and efficient level.

Fitness programs on cardio machines. Fitness programs developed with the help of this equipment serve to maintain a high level of aerobic capacity (treadmill, bicycle ergometer, rowing machine, etc.).

There are 2 types of treadmills: 1) Mechanical 2) Electric.

The advantages of mechanical track devices are simple and inexpensive, but the disadvantages are that limited loads lead to fatigue.

The electric track device has a special protection system, which ensures that training is safe and comfortable, and it is possible to organize intense training with a large range. In recent years, new types of exercise machines have been introduced: ellipticals, multi-functional exercise bikes, steppers, and treadmills. The peculiarity of this new generation of trainers is that they reduce the load on the legs to an almost minimum amount by switching to elliptical amplitude movements: (buttocks), activate the work of the thigh and lower leg muscles.

There are also a number of elliptical trainers that allow you to perform a number of hand movements, which are used for the muscles of the shoulder girdle with different magnetic systems, which are used to control the loads in a uniform manner.

It is necessary to ensure that training sessions on the simulator are divided into 2 levels in terms of intensity.

Level 1. The maximum heart rate is 60-70%. (determined by the formula "age 220".)

Level 2. The maximum speed of the heartbeat is carried out in the range of 70-85%.

Based on the technical structure of the trainer, fitness programs can optionally (manually) control training parameters (speed, angle, distance) and automatically. In this case, using a cardioster, it is possible to control the angle of the treadmill, the size of the lifts and the heart rate under computer control. And this, in turn, in terms of the effectiveness of fitness programs, allows to improve the aerobic capabilities of the elderly and people with a high risk of cardiovascular disease. Also, using the body weight reduction program, constantly monitoring the heart activity allows patients to undergo rehabilitation (in the presence of a cardiologist).

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