



## **HEALTH EXERCISES FOCUSED ON THE DEVELOPMENT OF STRONG PHYSICAL QUALITIES**

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<b>Received:</b> 11 <sup>h</sup> January 2022	This article provides information on the health benefits of both types of strength training and the basic training tools used to develop strength training, such as lifting sports equipment, equipment and objects in a certain position, and keeping the body in a certain shape.
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The skeleton needed to perform a number of functions of the body - adequate tone of skeletal muscles, massage-corset activity of internal organs, bones, joints, for external respiratory function, peri peric blood and lymph circulation ("peripheral heart") a strong level of endurance that can provide the proper tone of the muscles is also one of the necessary physical qualities along with general endurance and is of vital importance.

It has been proven in practice that training with sufficient intensity of strength endurance training tools required to perform the specified functions serves to effectively develop the morphofunctional properties of the transverse muscles (1,2,3,4,5).

There are two main types of strength endurance. The first is static endurance, which is developed with more static (isokinetic) exercise. The second is dynamic endurance, the training of which is carried out mainly through dynamic (isometric) exercises.

To ensure health, tools are used that benefit both types of strength endurance. Static endurance is effective in maintaining the tone of the muscles, as well as in the performance of the function of the massage-corset, flying the abdominal organs, spine (flexibility), heels (prevention of flat heels); Dynamic endurance tools help to move the muscles, to perform the function of "peripheral heart". Both types of endurance have a positive effect on the vital activity of muscle tissue, their functional state, the metabolism of muscle tissue, the structure and energy processes necessary for the normal functioning of the whole organism. Strength training is combined with the development of maximum strength and speed-strength qualities. Because they are components of power qualities and have a relatively close morphophysiological basis. Their development requires a certain degree of parallelism. This is especially true of wellness exercises, where differentiation is more pronounced during a workout, meaning that we can train one of the strength components and develop two other types at the same time. specialization allows to influence each of them individually.

Dynamic endurance is developed through various means of health: exercises with weights, dumbbells, barbells, exercises performed using the body mass itself; exercises on shells and simulators; using exercises to develop muscles voluntarily; muscle tension exercises without lifting the engine are also used. The length of the muscles changes when you perform such exercises[6,7,8,9,10].

Dynamic gymnastics exercises and these exercises include dumbbells, barbells, stones, expanders, rubber bands, gymnastic projectiles (horizontal bar, bruce, gymnastic wall, rings, shest, rope), the method of lifting the body's own weight (pulling on a horizontal bar, squatting and lying down) lifting) and other gymnastic exercises are the most common means of developing strength endurance.

The problem of bodybuilding training has caused a great deal of controversy. The main goal of such exercises is to significantly increase muscle mass in accordance with certain parameters of the body structure. Initially, the training was not aimed at improving health or sportsmanship, but at gaining prestige. The main idea of bodybuilding is to strengthen the muscles in every way, including the use of anabolic steroids. The use of such tools has done harm instead of benefit. Excessive increase in muscle mass does not have much of a functional benefit to health. This engagement with such health care tools does not increase the functional reserve of the cardiovascular system and the coronary circulatory reserve underlying aerobic functions. In this way, none of the health criteria changes for the better (ability to work does not increase, resistance to disease does not increase). In addition, the use of anabolics in health has a negative effect on the gonads, adrenal function, pituitary gland, and thus contributes to the development of full or relatively low impotence, accelerates the aging process, reduces the body's resistance to stress and infections (18).

As one of the healthiest types of mass sports, it should be said about athletic gymnastics that it is a useful



mass sport. However, from a hygienic point of view, such a health training tool should be practiced under certain conditions. Such conditions include avoiding the use of drugs that have an anabolic effect, choosing sports criteria rather than morphological criteria of effectiveness, and choosing health-promoting agents that promote overall endurance[11,12,13,14,15].

Basic training tools, sports equipment, equipment and objects used to develop static strength include the ability to lift in a certain position, to hold the body in a certain position (for example, to lift the legs off the floor while lying on your back), to hold on to projectiles (eg bruises, gymnastic wall, the ability to angle the legs in rings, horizontal bars), to lift dumbbells, barbells, to keep the body static while leaning on a stationary object, to compete with a partner, to overcome the resistance of their own muscles (for example, to overcome the resistance of the neck and lumbar muscles) with an attempt to bend backwards), involves straining the muscles freely.

The exercise system of fats is built on the development of static strength endurance and flexibility. The peculiarity of the exercises of STs performed on the fat system is the maintenance of special conditions ("gracefully") that require intensive and long-term effort from the practitioner. Such exercises typically require the use of tools that are performed at a higher level of intensity than training systems performed for other static strength endurance.

The "Elegance" complex includes effective loads that fall on practically all muscle groups. They are done, for general development. It consists of means that put almost no weight on the muscles of the eyelids, throat, and ankles.

Static endurance of the abdominal and lumbar muscles develops with particular intensity through the means of training in the fat system. Bringing the body to a certain shape through almost every exercise requires the activation of many muscle groups. Training in such a system requires long-term training with gradual improvement of the exercises. Static stresses, which are clearly visible during fat training, have a significant effect on peripheral blood and lymph circulation, and also affect the internal organs (through axon-reflexes in the organ and the central neuroendocrine system) in the form of massage and reflexes[16,17,18,19,20].

Relevant standards of the Alpomish and Barchinoy tests (leaning, pull-ups, lifting while sitting) can serve as a hygienic standard of dynamic strength endurance for arm, shoulder and abdominal muscle groups. There are no standards for the Alpomish and Barchinoy tests aimed at increasing strength endurance (dynamic and static endurance) for the abdominal and lumbar muscles. As an approximate norm, the following exercises can be suggested: lying on the gym bench (lying cross-legged on

the bench), stretching the legs, bending the body 10-15 times and performing exercises that strengthen the lumbar muscles; for the limb muscles, the ability to perform 10-14 sit-ups on one leg with a slight lean on the other leg may serve as a hygienic norm of dynamic strength endurance.

As a norm of static strength endurance, use the ability to maintain such a position for 6 seconds (stretching the abdominal muscles), standing in an angle between the legs and torso, stretching or hanging on the arms, the position of the "rubber" close to the horizontal shape (which strengthens the lumbar muscles). possible; it is also possible to perform endurance exercises by stretching one leg forward and sitting with the other leg and making a "pistol" (this strengthens the leg and abdominal muscles).

It should be noted that for all four muscle groups - leg, arm, waist and abdominal muscle groups - from a hygienic point of view, a normative level of complex endurance is required, as each of them plays a specific role in maintaining health. Adequate strength endurance in the lumbar muscles cannot compensate for the weakness in the abdominal muscles, or vice versa.

The development and maintenance of the required level of strength endurance (for health) and the normalization of appropriate workloads have been less studied than general endurance issues. Observations show that in order to effectively improve the quality of this movement, it is advisable to perform the exercise with effort, which corresponds to 50-70% of the maximum strength level.

Repeat Maximum - The maximum number of repetitions to be performed when the TM comes to the projectile (-10-20 times is the optimal level when the exercise is performed. the intervals between series should be 30-60 s (during the third series there should be fatigue that does not allow to repeat the exercise at a rate of more than 0.8 part of TM, which takes 4-5 min for each muscle group (for example, abdominal muscles). Each of the three series of exercises can be performed by changing the structure several times, but it is necessary to focus on one muscle group.

Strength training exercises total about 20 minutes per training session. Even so, if more static exercises are used to develop and maintain strength endurance, approximately the same amount of time will suffice.

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