

TRAINING METHODS OF ACTION DURING

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Abstract: The "failure" method used to increase muscle mass consists of performing exercises continuously until proper movements are broken due to muscle fatigue. Actions structure sportsman of specialized sports elements, parts many p or less in scores the like can. Such without, power download big or medium will be

Keywords : physical fitness, strength, endurance, flexibility, agility, quickness, health of athletes, acrobatics, light athletics, sports games, swimming.

In the method of maximal movements, the basis is the use of the development of the ability to show great muscle power through the improvement of special nervous system processes and training of the will. This method consists in the emergence of large and maximal strength during short periods of rest and with the help of repeated and specially selected exercises. Such exercises are usually characterized by maintaining the integrity of the coordinated structure of sports or their elements. In this case, they show maximum strength and want to learn.

muscle mass and strength consists of performing exercises continuously until the correct movements are broken due to muscle fatigue. Actions structure sportsman of specialized sports elements, parts many p or less in scores the like can. Such without, power download big or medium will be

Isometric strength method - this special and completely ok forces development d a is used and long term static download which performs muscle impact on groups for example : neck, back and hand muscles i and others.

V. D. Evstratov and of others in the opinion of power quality maximum actions method (far, close, extreme except weight with exercises execution), iterative of actions method (unlimited weights through exercises to do, " unsuccessful ") and dynamic of actions method (exercise perform through) develop ib bora di, higher speed with different in weight weights is done with.

Portnov is the power increase and exercise of doing main methods to not full Repeat the weights to " failure ". respectively raise h calculated that through and in this maximum respectively strengthening with, round - exercise to do methods, conjugate - effect to do methods, interval, competitive and others

EP Stepanenko strength development for the following methods cause past Dynamic movement method. Small and medium in weight exercises maximum at speed fulfillment through and muscles strength increase for necessary conditions and opportunities create and give. One inch in an attempt repetitions the number is usually 15-40 outer l if he does m loves in sequence and 5-8 minutes in between rest during. This method through not only us maximum power, maybe him quickly manifestation to do we will be able to strengthen our ability.

Isometric strength in the exercises static mode maximum of muscles to voltage have exercises will include execution . Exercises of the muscles maximum Voltage with 4-6 seconds during , 3-5 times repeats they are 30-40 seconds between rests during

IP Zaletayev and VP Sheyanov muscles strength development for the following of methods uses :

Limited in quantity repetition with not limited heavy weights method . During the lesson , " failure d a" is performed average in weight strength different exercises muscle groups and body parts for galma -galdan exercises This is the manual . Movement speed is low usually 2-4 minutes inside repetitions rest in between should be between .

Flexibility and of muscles gev s to eat development for strength exercises and various exercises with will be combined . First , power of exercises efficiency resistance to the amount a little depends . It's his for maximum equal to 40% of the power the load is applied . This is the method in students strength development main method is considered Physical preparation when improved , severe weighty exercises is used .

Maximum movement method of the student maximum resistance overcame tooth or overcame to try to pass , this condition for of muscles maximum movement is to show . For example , a barbell raise , addition weights with uneven in bars push and others

Power a maximum of 80 % heaviness is used .

Qualified practitioners in training maximum from 90-95 percent of their capabilities uses Exercise in doing maximum strength expendable one series exercises , downloads applied (har 2-3 exercises from one) .

Static actions method through strength of exercises the most big if the efficiency is , hand muscles strong will be A gar power 60% of the maximum organize did if and voltage 5-6 seconds continue reached when h is calculated . The movement, of course , is tense of muscles free rush with completion need In one lesson exercises the number is 4-6. Each exercise one in the series in execution repeated actions the number is 3-5 organize does Exercises everyone muscle groups cover take required : hands and shoulder belt ; body ; pelvis belt and legs and others

According to Roman , an athlete start drinking from the era to the master of sports in development , first next , exercises one how many times repetition through development necessary This is the method be healthy good , steady to the situation , action -support of the device high to quality contribution adding and in the future strong loads for strong functional base which creates big in volume special things apply enable will give . Your training initial years repeated actions method use from injuries runs away Of repetitions the number mostly 3-6 organize reach will be needed . It has been emphasized that muscle groups of the body should not exceed 10-12 when developing strength .

In training processes, the second method is used to achieve the maximum level of strength effectiveness - the method of maximum repetitions.

But as a result of repeatedly lifting a barbell with a limited weight, it has been proven that it does not have a negative effect on the athlete's one-phase, that is, "explosive" ability, which is necessary during the competition. VA Romanenko and VA Maksimovichar proposed three ways to develop strength.

The method of repeated attempts is "success to you". The ability to work for a long time and duration is characteristic — about 10-15 repetitions. This is the method power development initial stage efficient is used as new starters for this. The method is also valuable because it is the action structure mastery and from injuries escape enable will give.

Most good course of action. It is equal to 75-100% of the maximum state heavy weights with usual the work. This method to you to the effect early will be the ground to achieve, i.e. 1-3 repetitions enough. And that's good basic strength level have was or regularly strength to exercises have has been persons for very much is important.

Dynamic movement method. Low weight with work is, however high speed with performance usual is the case. This is the method short duration (1-2 seconds in) light in a heavy age things high at speed to move own into takes. Of course it is short term the work neuromuscular of the device one different short term voltage in advance determines. So dynamic of strength in development of methods relatively small effect. Such of work examples of guru h different different shoot and percussive actions are said to.

According to AN Vorobev strength development for the following of methods should be used. Isometric this is the method. Isometric of exercises not only strength development, perhaps from injuries then normal functions active respectively recovery tool as in sports very famous be. Strength development for this from exercises use relatively short for a period of time don't look wide spread out 5-10 seconds during sports practice up to a maximum of 55-100% tension used. Of tension increase with the pose holding stand up time decreases.

Isometric (static method). 4-6 seconds continue which different muscle of groups static maximum voltage mean holds. In one lesson exercise 30-60 seconds during each one from stress then rest with 3-5 times is repeated.

Muscles electricity work again method. It is done during the relaxation process is increased. Special electrodes using of muscles reduction up to 10 seconds keep going dosed electricity stimulants because of surface comes. Power ability in development the most big effect initial athletes for per week three training and qualified athletes for 4-5 sessions consists of.

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