

## **Plan Individual Fitness Training Programs for Middle-Aged Men**

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**Abstract.** An effective training plan is made up individually. It takes into account personal goals, age, body type, diet, class times, and other factors.

If you're already exercising, achieving results, and not getting injured or losing motivation, stick to your chosen system. If there are any failures or you are a beginner athlete, you can use our recommendations.

**Key words:** *gender; maximum movement method; Exercise techniques; Basic (initial, adaptive); method of unsatisfactory weights.*

### **Introduction**

In the process of planning and developing individual programs, participants complete a health questionnaire before the first session. It contains all the necessary information to understand how a personal trainer works with a client.

Fitness training is a process that consists of physical activity and is organized over a period of time aimed at normalizing a person's physical condition, health and psycho-emotional state.

Fitness is the process of maximizing results and then maintaining that level for as long as possible [34].

These concepts distinguish between the concepts of fitness and sports (where the loads are constantly growing and focused on achieving the highest results).

In order to increase their strength, men are mainly engaged in physical activity. These are mostly middle-aged men who suddenly realize that their lifestyle has led to many difficulties with the initial household loads. Sometimes the purpose of going to training is other sports (football, volleyball, swimming), etc. In such cases, a number of other training methods are used, which require a high level of professionalism from the personal trainer, because these methods are combined with sports. depending on [38].

Muscle strength is the maximum force produced by a muscle during contraction. Power dependson:

- gender;
- age;
- compositionofmusclefibers;
- level of preparation;
- anatomical attachment of muscles;
- muscle size;
- weight of the trainee;

- emotional state;
- food;
- Exercise techniques.

Strength can be divided into absolute strength (independent of body weight) and relative strength (relative to 1 kg body weight) [34].

Methods of developing strength skills:

- maximum movement method (maximum weight = 90-100% of the maximum of 1 repetition);
- method of unsatisfactory weights;
- dynamic mode of action;
- percussion, or pleometric (deep jump);
- static movements;
- game mode;
- static-dynamic method;
- Round exercise method.

Power development tools:

- weight training;
- Weight training:
- free weight;
- simulators;
- shock absorbers;
- Exercise with resistance to environmental conditions [34].

Increasing muscle endurance should also be considered when planning a fitness session. Muscle endurance is the ability of a muscle to overcome resistance over a period of time (as long as possible) [32].

Cardiorespiratory endurance is the ability of the cardiovascular and respiratory systems to deliver oxygen and nippel substances to the muscles and tissues that function during long-term physical activity, as well as to remove metabolic products. These types of endurance require long-term strength training for the first group, cardio for the second type, and interval training. With the development of cardiorespiratory endurance, sooner or later the majority of male clients will set the same goal for themselves, regardless of the underlying cause [38].

Here are some key pointers in planning your fitness routine:

- intensity;
- duration;
- volume of training;
- break for rest;
- Recreation feature.

The intensity of the training depends on the speed of the exercise, the weight of the weights, the duration of the rest break, the number of exercises, approaches, repetitions, and duration [34]. Exercise rate: slow (breathing rhythm), moderate (2 times faster than breathing), fast (1 movement per second).

The planning process should also be based on general training principles: adequacy of load, gradual increase in load, systemic load, cyclicity, priority principle, medical guidelines, and adverse events. The anatomical classification of exercises can be based on the planning of training:

1. Basic (involving a large part of the body (more than half) in the process, multi-joints) - lifting the barbell in the supine position, lifting heavy loads, sitting with the barbell.

2. Regional exercises (1/3 to 1/2 of the body, several joints, several muscle groups) - sitting pull-up blocks, lifting the barbell in the lying position or lifting dumbbells in the sitting position.

3. Local, or isolated (1 muscle group, one joint exercise involving 1 muscle in the process) - concentric rises, expansion of the upper block [34]. You also want them available to answer your questions when you are feeling uncertain about your suit. Objectives are defined in the periodicity of the training process: to increase muscle strength and endurance, to increase muscle mass, to develop flexibility. Ways to achieve the goals are identified: calculating the time to achieve the goals, determining the nature of the exercise, analyzing the exercises to increase the speed of achieving the goal, choosing the exercises that the practitioner prefers [32]. Phase is defined: short-term (micro) cycle, medium-term (meso) cycle and macrocycle. When planning the volume and intensity of the load, it is necessary to do the following: change the volume and intensity of the load every 3-4 weeks (preferably 3-10 days), increase and decrease the volume of the load, during active rest, plan the intensity. and the duration of training should be reduced, after active recovery, the new one restarts the mesocycle with a synthesis intensity that is slightly lower than the end of the previous one. The increase in loads should not exceed 3 weeks, the period of active recovery should continue after a period of gradual increase in load, and a new mesocycle begins after active recovery [39].

Periods of training depend on planning:

1. Basic (initial, adaptive). Objectives: to recover and adapt to physical activity, to practice exercise techniques, to achieve the desire to continue training. Duration: 1 session to 1 month. Intensity of the training process: 30% (Caravan formula, where the intensity factor = 0.3 - heart rate during training = (maximum heart rate - heart rate at rest) x intensity (in percent) + heart rate at rest). Weight of weights used: 50%. Repetitions: 10-20. Approaches: 1-2. Break: 1-3. All muscle groups are involved in 1 exercise per minute. Number of weekly lessons: 1-3. Type of work: regional and local exercises, cardio classes. Speed: slow [34].

2. Preparatory period. Objectives: weight loss, boost metabolism, strengthen and improve exercise technique. Duration: 2-6 weeks. The intensity of the training process is 50% (coefficient 0.5). Weight of current weights: 60-70% for men. Repetitions: 10-15 for men. Break for rest: 1-2 minutes. Approaches: 2-3. Number of muscle groups involved in 1 exercise: 2-3. Number of lessons per week: 2-3. Type of work: basic, regional, local. Speed: slow [34].

3. Training period. 1) Goals and objectives: set by the client. 2) All other indicators are determined individually depending on the goals and objectives, as well as the physical condition of the client and other indicators [7, 34].

Features of the training process depending on the type of male body

Men are divided into 3 types according to their physical types and the structure of the training process. Mesomorph (athletic type) is a muscle that is characterized by stiffness and angular appearance, is naturally strong and noticeable, and develops with almost no fat. The body is strong. The bones are thick and the muscles are voluminous. The training process with men with a mesomorphic body type is organized with an emphasis on individual muscles. The standard workout includes 16-20 approaches (4-5 exercises, 3-4 approaches per body part). Cardio helps you achieve better results. Almost all training methods are suitable for mesomorphs [34, 39].

Endomorphic (picnic type, hypertensive) - the body is round and soft, with a distinct fatty tissue. It is characterized by small to medium height. The process of training with men of endomorphic body type is carried out with the help of cardio training. Exercises are repeated 12-15 times with a short rest (less than 1 minute). Cardio workouts are also used after strenuous exercise. Strength training (repeated 8-10 times in 2 months) is a high repetition exercises (12-15 repetitions in 1-1.5 months) and circle exercises (1 circle - 5-6 exercises) should be replaced [34, 39].

Ectomorph (asthenic type, leptosomatic) lean body and long bones, brittle structure, slightly fat and lean muscles, tall men. For ectomorphs, the goal of the training process is to gain weight through muscle mass. It is advisable to start with simple, light exercises (without putting pressure on the joints). Then you can move on to intense exercise. Short intensive workouts (up to 60 minutes) are done without spending energy on aerobics, running and other exercises. Alternative hard workouts (6-10 repetitions over 1-2 months) with high repetitions (10-15 repetitions over 2-3 weeks) [7, 39].

An analysis of the literature and research can provide practical recommendations for the use of individual fitness training programs for middle-aged men.

1. Adhere to a diet, sleep, activity and rest regime.
2. Perform daily morning hygienic exercises or systematic jogging based on work schedule, work shifts and most importantly health
3. Engage in physical activity (except hygienic gymnastics) several times a week, regardless of weather and mood. It is very convenient to go for a walk in the open air - skiing, cycling. It is also possible to recommend a swimming pool, various sports clubs to cover all muscle groups, or to do exercises at home with sports equipment - exercise equipment, jump ropes, dumbbells, light load on the main muscle groups.
4. Sports grounds in courtyards and school stadiums can be used for individual training. Schools are usually located in every district of the city, and their stadiums have basic sports equipment - columns, parallel bars, benches.
5. Physical activity should be systemic and last at least 1-1.5 hours several times a week. 7. It is recommended to keep a self-monitoring diary that takes into account health status, pressure, pulse, emotions before and after physical activity. This allows the analysis of the current state, the normative load, and the rest to achieve the highest efficiency of a healthy rest. There are many gadgets and mobile apps available today to track your fitness and basic body parameters.
8. Adherence to the norms and principles of rational nutrition - energy balance, intake regime and nutritional balance. It normalizes metabolism, improves health and prevents disease.
9. Rest the body properly. To do this, you can use different recovery methods - bath, massage, contrast shower.
10. Use the media, the Internet, etc. to learn about the different methods of the fitness training process.

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