

The Purpose and Importance of Static Exercises

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Abstract: One of the important benefits of isometric exercises is the efficient use of time. It takes a few minutes for the muscles to actively participate in training. At the same time, the exercises are performed in a small amount of time, and severe fatigue does not occur, as happens during regular sports training, when the muscles last for several hours. This makes it possible to make the most of the 45 minutes allotted to the physical education lesson and to influence all muscle groups of students in this short period of time.

Key words: The purpose of isometric exercises, static tension, static training, isotonic training, static and dynamic exercises, isometric exercises.

Introduction. Today, "mobilizing all the strength and capabilities of our state and society so that our youth can grow up to be people who do not empty in any sphere to their peers on a global scale, to be happy, " is becoming one of the priorities. In particular, the education of students as a healthy, independent-minded person of high intellectual and spiritual potential in all respects is noted as one of the pressing issues of today.

Materials. And the goal of isometric exercises is to maximize innervation. In this case, an increase in muscle volume occurs as a result of an increase in the body's energy. Exercises and their basic principles

1. All attention should be paid to the muscle or group of muscles that are currently working.
2. You should not rush to increase the number and strength of exercises.
3. Control proper breathing during exercise.
4. Performing each movement with the greatest muscle strain.
5. During the execution of the exercises, it is necessary to bring to strain only the muscles involved in performing this movement.

¹ Mirziyoyev Sh.M. Erkin va farovon, demokratik O'zbekiston davlatini mard va oljanob xalqimiz bilan birga qoramiz. – T.: O'zbekiston, 2017. 28 b.

6. As much exercise as possible should be done in front of the mirror.
7. After performing the exercises, it is necessary to take a shower and wipe the entire body with a towel, pressing and pressing.
8. To make food less desirable and its simplicity is the key to success. The food should be varied (fruits, vegetables, milk), but as little meat should be desired as possible. The idea that you need to eat more meat to increase muscle volume is a mistake.

Research and methods.

The advantage of doing isometric exercises is that there is an opportunity to give a severe local effect to certain muscle groups: at local static voltages, the kinetic sensations of the main elements of the sports technique are most often exposed to the surface. This condition, in addition to increasing the qualities of strength, develops some of its indicators.

Scientific and methodological sources indicate the positive aspects of static exercises as follows:

- "adaptation to the static component of priority muscle activity in modern training and production practice is mainly performed in practice by applying static exercises";
- "normalized and correctly selected static exercises suitable for functional systems have a positive effect on all parts of the human body";
- "compatibility of static exercises with everyone and simplicity of equipment for their implementation";
- "the possibility of a local directional effect on any muscle group at the desired angle in the joint, that is, the possibility of selectively and differentially increasing the functional state of muscle groups, which are more involved in the performance of Labor and domestic actions."

Results.

More comprehensively, during dynamic work, the manifestation of maximum strength at the desired angle in the joint can be achieved only in a fraction of a second. In some cases, this is not possible at all, since the movement of inertia instantly carries the projectile from the same place, in which muscle tension has the greatest effect. - "short training time, its high productivity. Each 6-second isometric voltage is equal to many tens of dynamic contractions of the ballistic type in its action, in which the maximum force will have a duration of no more than 0.1 S.

In practice, this means that in specially selected exercises, 10 minutes of isometric tension replaces an hour of boring training with weights." - "static voltages, which provide an increase in the quality of force, add massiveness to the increase in muscle mass and active body weight to a lesser extent than dynamic strength work.

The isometric system of strength training allows you to keep the formed and developing speed-strength qualities of the body at a low level, taking much less time and effort than isotonic training". - "with static tension, a person visually and kinesthetically remembers the necessary positions much better than with a dynamic work routine."

Let's dwell in detail on each component in relation to static exercises.

1. The duration of the exercise determines the degree of physiological and biochemical changes that occur in the process of its implementation. The duration of static exercises usually ranges from 5 to 30 seconds. On average, each exercise is repeated 7-10 times with a rest of 20-30 seconds, that is, the total duration of its implementation is from two to seven minutes. The total duration of the load, consisting of 5-10 exercises, which include complex short-term and long-term tasks, can vary from 15 to 60 Minutes. It should be taken into account that the duration of the lesson is closely related to its severity. So, if the muscle tension is 45-65% of the maximum, then it will be possible to hold this position for no more than two minutes. The maximum voltage is held within 10-15 seconds, but the duration of the hold depends on the condition maintained.

2. The speed of the exercises is related to the angle of Flexion in the joints or the tension of the muscles in the adopted position. The amount of tension is characterized by the activity of all muscle fibers, their synchronicity and tension, and the contraction of muscles at rest time. In various exercises, the load intensity is ordered using muscle tension.

3. "The duration of rest between repetitions of exercises largely determines the size and character of the body's excitations due to the load." "During the rest period, recovery processes occur, related to the duration of exercises in the training process and the speed of their implementation, as well as the characteristics of the body systems that ensure the effectiveness of work." The rest recovery process

can be described by the following characteristics: "the speed of recovery processes is the same, at first recovery is fast, then attenuation; after different times, different indicators are restored; in the process of recovery, one can see phase changes in working capacity and individual indicators".

4. The resting feature in the breaks between repetitions of exercises will depend to some extent on the course of recovery processes. Filling rest breaks with low-intensity work creates conditions for maintaining the functioning of various body systems to a certain extent.

5. The number of repetitions of the exercise (with established values of their strength, duration and size of rest breaks) determines the total value of the body's response reaction.

Discussion.

"The main methodological problem with the use of static exercises should be to ensure the optimal duration of muscle tension and increase the mobility of the practitioner and not lead to overstrain." It is taken into account that the muscles increase or decrease in strength, depending on what resistance they contract over time.

During the series, 3-5 static exercises are performed at intervals of several seconds. And during the lesson, 5-7 static exercises are given from different initial positions and different muscle groups. Between repetitions of the exercise, a rest of 2-3 minutes is applied, which is reduced to recovery, preventing the negative effects of isometric tension.

To adapt to uncomfortable loads and relieve the mental strain that appears at the first stage of using static exercises, it is proposed to use static and dynamic exercises alternately. Modern forms of static exercises are numerous and varied. This method includes simple forms of exercises in classes, which do not require special equipment. Simple dynamic movements of the body are performed at the static tension of other muscle groups.

In these exercises, the intensity of static muscle tension does not exceed 25% compared to the maximum. Therefore, the duration of one attempt is 10-20 seconds and allows you to perform up to 15-20 dynamic movements. One exercise is performed in two or three sets.

Conclusion. During the lessons, we found that there is no excessive fatigue and a strict normalization of static (isometric) exercises is necessary for the effectiveness of the exercise. Therefore, static exercises are slowly attached to the content of the lesson using simple and convenient initial positions. In the first three or four lessons, the size and duration of the load became small, so those involved did not lose interest in them (the voltage is 25-35% compared to the maximum, the duration is 6 - 9s).

We took into account that when applying these exercises in the course of the lesson, there is a difference in the shape and structure of static and dynamic exercises. This makes it possible to influence and combine the same parts of the body and muscle groups. The transition from one movement to another makes the lesson process interesting, eliminates stereotypes when choosing exercises, allows you to change the rhythm, speed of muscles, strengthens the function of muscle fibers.

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