

Aerobic Fitness Unit

Camp Lougher Agility Training

- **Agility refers to the ability of a player to speed up, slow down and change direction while maintaining balance and control.**
- Agility is crucial for all sports.
- Agility training is absolutely great for improving foot speed, quickness, acceleration, speed changes, deceleration, directional change and reaction time.
- The ability to stop, stabilize, change direction and re-accelerate while maintaining balance, proper posture and full muscular control is the essence of agility and the essence of the effective footwork, balance, coordination and timing that well-trained athletes make look so effortless.
- One of the easiest ways to begin to involve agility training is by jumping rope.

THE WARM-UP: Why warm up?

- Warming up prepares your body for aerobic exercise.
- It gradually revs up your cardiovascular system, increases blood flow to your muscles and raises your body temperature.
- The warm-up is widely viewed as a simple measure to help prevent muscle strain or injury during exercise.
- To make your warm up effective, you need to do movements that increase your heart rate and breathing, and slightly increase the temperature of your muscle tissue.
- Any stretching is best performed after your muscles are warm, so only stretch after your general warm-up.
- If you're exercising for general fitness, allow 10 minutes for your pre-exercise warm-up (or slightly longer in cold weather).

THE COOL-DOWN: Why cool down?

- The practice of cooling down after exercise means slowing down your level of activity gradually.
- Cooling down helps your heart rate and breathing to gradually return towards normal.
- Cooling down helps reduce the temperature of your muscles, may help reduce muscle injury, and helps to remove waste products from your muscles, such as lactic acid, which can build up during vigorous activity causing stiffness and soreness.
- For an effective cool-down: perform low intensity exercise for a minimum of 10 minutes and follow this with a stretching routine. Stretch each major muscle group for 20 to 30 seconds, 2 to 3 times.

JUMP ROPE

- ✓ Jumping rope is possibly the single most comprehensive and beneficial form of exercise a person can do!
- ✓ It can be done just about anywhere - alone or in a group - and can easily be incorporated into anyone's lifestyle becoming a lifetime activity for all ages.
- ✓ Jumping rope can be an enjoyable way to increase and maintain cardiovascular fitness, improve rhythmic skills, and enhance self esteem.
- ✓ Jumping rope can **burn up to 1000 calories per hour**, making it one of the most efficient workouts possible.
- ✓ **It tones muscles in the entire body**, developing long, lean muscles in all major muscle groups, both upper and lower.
- ✓ Jumping rope **optimizes cardiovascular conditioning and maximizes athletic skills** by combining agility, coordination, timing, and endurance.
- ✓ It provides a foundation of skills for others sports. This is why many athletes - especially **professional boxers and other highly-conditioned athletes** - are literally able to jump rope for hours on end without tiring physically or mentally.

Step Aerobics

- ❖ Step aerobics is distinguished from other forms of aerobic exercise by its use of an elevated platform (the step).
- ❖ Step was developed in the late 80s, and has become the predominant aerobic class in many gyms.
- ❖ For step aerobics to be effective, it is important to workout frequently and maintain a certain level of intensity. Is
- ❖ It is generally believed that working in one's aerobic zone for twenty minutes will cause the body to burn more fat than carbohydrates. The metabolism speeds up and remains elevated for hours after the exercise is concluded.
- ❖ Step aerobics benefits the body as well. Combinations of steps work major muscle groups and result in shaping and toning of many problem areas.
- ❖ The other benefit is that it is low impact, and doesn't stress the joints as much as running or jogging. The action of stepping onto the platform doesn't shock the joints.

"TAE BO®"

"Tae Bo®" is a program that combines the best variety of different exercise disciplines to provide an overall workout. It is the combination of self-awareness and control of martial arts, the focus and strength of boxing, and the grace and rhythm of dance. "Tae Bo®" was developed by Billy Blanks around 1976.

P90X®

In just 90 days, you can get back in shape, or build the body you've always wanted. All you need is a set of dumbbells or resistance bands, a pull-up bar, and about an hour a day. No gym membership required. P90X will shatter your concept of home fitness. Using the advanced science of Muscle Confusion, P90X is a well-organized training system that shows you how and when to change your routine for maximum results. So your body keeps changing throughout the 90 days and beyond. Here's the true secret of how P90X works: **Muscle Confusion**. P90X uses targeted training phases so your body keeps adapting and growing. You'll never "plateau" which means your body will never get used to the routines, making improvements slow down or even stop.

- Short training cycles constantly challenge your muscles with variety and intensity.
- P90X maximizes fat burning and muscle sculpting in different ways every day.
- No plateau effect means each phase of P90X is as effective as the first.

Elite trainer **Tony Horton** has spent over 20 years developing his expertise in all areas of fitness. His skills and knowledge led him to create P90X, now the #1 best-selling home fitness program in America.

Cardiovascular Endurance:

- The ability of your heart to pump oxygen-rich blood to muscles during exercise that is done for an extended amount or time.
- The ability to exercise your entire body for long periods of time without stopping.
- "Cardio" means heart "Vascular" means blood vessels
- Aerobic is defined as "in the presence of oxygen."
- Any exercise that requires the use of the large muscle groups, is both rhythmic, and continuous in nature is considered to be aerobic exercise.
- Your heart rate is the number of times your heart beats in one minute.
- Resting heart rate is your heart rate while completely at rest. People with RHR over 70 have a greater risk for heart attack.
- Regular continuous aerobic exercise will decrease your resting heart rate which means your heart is getting stronger.
- To get a **training effect** on your heart muscle, you must elevate (increase) your heart rate for a minimum of 20 **continuous** minutes for 3 or 4 days a week. **Run faster or farther, play longer or harder!!**
- Some symptoms of heart disease start developing when people are in their teen years.
- **Cardiac Risk Factors = 10 factors**
Controllable: high blood pressure, high blood cholesterol, smoking, stress, lack of exercise and excessive weight
Uncontrollable: age, race, gender and heredity

TRAINING GUIDELINES:

- **Frequency:** 3 or more days per week
- **Intensity:** working with in your training heart zone as related to your heart rate
- **Time:** minimum 20 minutes each time
- **Type:** continuous movement with increased heart rate.

Benefits:

- Improves cardiovascular and respiratory systems (becomes more efficient)
- Decreases resting heart rate
- Maintains caloric balance (burns excess calories)
- Decreases stress
- Lowers blood pressure

Some Activity Examples for Heart Fitness:

Running	Basketball	Jumping Rope
Biking	Soccer	Step Aerobics
Rollerblading	Swimming	TaeBo / P90X

