



## **TYPES OF EXERCISE**

### **CALISTHENICS, AEROBICS AND DANCE, WEIGHT TRAINING, YOGA AND OTHER FORMS OF EXERCISE**

#### **INTRODUCTION**

Physical exercise is the performance of some activity in order to develop or maintain physical fitness and overall health. Frequent and regular physical exercise is an important component in the prevention of some diseases such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. Exercises are generally grouped into three types depending on the overall effect they have on the human body: Flexibility exercises such as stretching improve the range of motion of muscles and joints; aerobic exercises such as walking and running focus on increasing cardiovascular endurance; and anaerobic exercises such as weight training, functional training or sprinting increase short-term muscle strength. Physical exercise is considered important for maintaining physical fitness including healthy weight; building and maintaining healthy bones, muscles, and joints; promoting physiological well-being; reducing surgical risks; and strengthening the immune system.

#### **TYPES OF EXERCISE**

Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they're doing enough. Each type exercise is different. Doing them all will give a person more benefit. Mixing it up also helps to reduce boredom and cut the risk of injury.

Though we've described each type separately, some activities fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help to improve balance.

##### **1. Endurance**

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

Brisk walking or jogging

Yard work (mowing, raking, digging)

Dancing

##### **2. Strength**

Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training."

Lifting weights

Using a resistance band

Using your own body weight

### **3. Balance**

Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

Standing on one foot

Heel-to-toe walk

Tai Chi

### **4. Flexibility**

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

Shoulder and upper arm stretch

Calf stretch

Yoga

## **Calisthenics**

Calisthenics are exercises consisting of a variety of gross motor movements i.e., running, standing, grasping, pushing, etc. often performed rhythmically and generally without equipment or apparatus. They are, in essence, body-weight training. They are intended to increase body strength, body fitness, and flexibility, through movements such as pulling or pushing oneself up, bending, jumping, or swinging, using only one's body weight for resistance; usually conducted in concert with stretches. When performed vigorously and with variety, calisthenics can provide the benefits of muscular and aerobic conditioning, in addition to improving psychomotor skills such as balance, agility and coordination.

### **Following are the some form of calisthenics exercise:**

**Chin-ups:** This is one of the best mass builders for the back. It develops the back well, more so than most exercises, and can really build a nice back.

**Underhand Chin-ups:** This is the same exercise just with a different grip. Most feel more comfortable doing the underhand grip.

**Hyperextensions:** This exercise is good to strengthen the lower back. Another way to perform this exercise is on the edge of a bed or chair with someone holding your feet so you're solid in place and won't fall. Make sure you do this exercise safely; injury can happen if you fall.

**Squats:** Now for this exercise you don't need to do weight. Go all the way deep and back up and when you need resistance, get a friend or someone to hold your shoulders and apply pressure downward. This is great for developing the quadriceps.

**Lunges:** This is a good exercise for developing the quadriceps. Just focus on getting low on this exercise and high repetition sets. It is hard to add weight, unless you want someone to sit on your shoulders.

**Split Single Leg Squats:** This exercise is good without weight, great developer of the quadriceps. It is one of my favorites. You can put your leg up on a chair, step and anything you can find that is sturdy and safe.

**Straight-Leg Deadlift:** This exercise is a little more difficult. You will probably need to add some resistance with it when performing it. Always keep your lower back straight through this whole movement. Apply pressure to the shoulders and do it safely.

**Upside-down Shoulder Press:** Stand up against a wall and do a handstand, have someone spot you when you do this. Then bend your arms to a 90° angle or until your head touches the ground.

**Bench Dips:** Basic exercise that builds the triceps. Good for mass and strength. Set-up two chairs and do dips, add resistance to shoulders if needed.

## **Aerobic exercise and Dance**

When we speak of aerobics dancing, we are referring to Ballet, Jazz, Zumba and so much more. They are usually called workouts with low impact because they are slow paced compared to other aerobic workouts. Because of this, they are great options for those who are pregnant, obese or the elderly.

However, it isn't necessary that an aerobic dance always has to be of low impact. You can also find some cool aerobics videos that promote high intensity and healthy workouts for your body. It will rejuvenate your system, increase blood circulation, and make you feel good from the inside.

Now, let us discuss some interesting kind of Aerobic Dance

### **1. Zumba**

The first and most interesting kind of Aerobic Dance is Zumba. It is a great fitness programme that combines Latin, International, and Salsa music with some amazing and fun filled dance moves. It will engage all the muscles and make sure all the popular muscle building moves such as squats and lunges find a place. It will tighten and tone your body from head to foot.

### **2. Jazzercise**

Jazzercise is great for people belonging to all fitness levels. Regardless of whether a teenager or a young adult or even a middle-aged woman, Jazzercise is known to reduce signs of heart diseases or heart attacks. Every class is about 60 minutes long.

### **3. Ballroom dancing**

Ballroom dancing burns a lot of calories. Within 30 minutes, it can be able to burn around 200 to 400 calories. It all depends upon the intensity of the workout. Most experts have said that ballroom dancing increases your bone density and improves joint flexibility.

### **4. Belly Dancing**

Belly Dancing is beautiful and exotic. It emerged from Arabic countries such as Egypt and Turkey several decades ago. There are different forms of belly dancing, and they all have unique styles. Belly dancing also takes care of fitness level and improve the strength. It is also a great exercise for the stomach.

#### 5. Masala Bhangra

Masala Bhangra is full of fun. It is also one of the best aerobics dance to lose weight.

#### **Benefits of Aerobic Dance:**

With Aerobics come a whole lot of benefits. It not only lifts your mood but also helps you beat stress and stay relaxed. Here are some of the amazing benefits you can expect from an aerobic dance workout:

It will strengthen your body and tone the muscles. It will support the cardiovascular system and make it strong and disease free.

It will increase the circulation of blood in your body and lower high levels of cholesterol.

If you are someone suffering from high blood pressure, this workout is the one for you.

It will boost your immune system and make you a healthier person. You will also feel fit and active at all times.

It is a popular and effective remedy for all those looking forward to reducing high levels of stress, anxiety and tension.

People of all ages can enjoy, and it is not a difficult task to accomplish.

The efficiency of your heart and lungs goes up with the help of this power packed workout.

You will also have the freedom to personalize your dance steps. How cool is that? You could also choose the music you like.

#### **Weight training**

Weight training exercises are a type of strength training exercises in which you use the force of gravity to build muscle strength, often through the use of fitness equipment.

There are several types of weight training exercises. Some of them are as follows.

1. Dumbbell Exercises: Dumbbell Exercises are weight training exercises in which a set of dumbbells are use.

2. Ball exercises: Ball exercises are weight training exercises in which an exercise ball is use, which is also called a fitness ball or a swiss ball.

3. Band exercises: Band exercises are weight training exercises in which an exercise band is use, which is also called a fitness band, stretch tube or resistance band.

4. Barbell exercises: Barbell exercises are weight training exercises in which a barbell bar and weight plates of various sizes are use.

5. Strength exercises: Strength exercises are weight training exercises, which are use of fitness equipment usually found in professional gyms, where each machine is specifically built for one exercise.

6. Chest exercises: Chest exercises are weight training exercises for which the primary focus is to strengthen the muscles located in the chest i.e, the pectoral muscles.

7. Shoulder exercises: Shoulder exercises are weight training exercises for which the primary focus is to strengthen the muscles located in the shoulders i.e., the deltoid muscles.

8. Bicep exercises: Bicep exercises are weight training exercises for which the primary focus is to strengthen the muscles located in the biceps, the muscles in the front of upper arms.

9. Tricep exercises: Tricep exercises are weight training exercises for which the primary focus is to strengthen the muscles located in the triceps, the muscles at the back of the upper arms.

10. Leg exercises: Leg exercises are weight training exercises for which the primary focus is to strengthen the muscles located in the legs, the muscles located in lower body.

### **Yoga and other forms of Exercise**

The fundamental difference between yoga and other forms of exercise (running, working out at a gym, etc.) is that while regular exercise is intended to tone and strengthen the body, yoga's intention goes well beyond body toning. A typical yoga practice encompasses yoga exercises, meditation, and pranayama (breathing techniques)

The differences between yoga and exercise will depend on the type of yoga or exercise being practiced and it should be noted that certain types of yoga e.g. Ashtanga are more vigorous than other forms and therefore share more similarities with exercise. However, general physical differences are outlined below:

Yoga stimulates parasympathetic nervous system (hence relaxing) / Exercise stimulates sympathetic nervous system (hence tiring)

In yoga, subcortical regions of brain dominate / In exercise cortical regions of brain dominate

Yoga is anabolic which conserve energy / Exercise is catabolic which is capable of breaking down the energy

Yoga practices slow dynamic movements / Exercise involves rapid forceful movements

Yoga practices reduced muscle tension, progressive movements / Exercise involves increased muscle tension

Low risk of injuring muscles and ligaments / Exercise has a higher risk of injury

Yoga leads to relatively low caloric consumption / Exercise leads to moderate to high caloric consumption

In yoga, energizing (breathing is natural or controlled) / Exercise fatiguing (breathing is taxed)

Yoga is non-competitive, process-oriented / Exercise is commonly competitive, goal-oriented

In yoga, awareness is internal (focus is on breath and the infinite) / In exercise, awareness is external (focus is on reaching the toes, reaching the finish line, etc.)

In yoga there are limitless possibilities for growth in self-awareness / In exercise there is generally no aspect of self-awareness

**Conclusion**

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. In fact, exercise is one of the most important parts of keeping your body at a healthy weight. Exercise helps people lose weight and lower the risk of some diseases. Exercising to maintain a healthy weight decreases a person's risk of developing certain diseases, including type 2 diabetes and high blood pressure. Fitting regular exercise into our daily schedule may seem difficult at first. But even ten minutes at a time is fine. The key is to find the right exercise for us. It should be fun and should match our abilities.