



CREATING A FULL BODY WORK OUT AT HOME: A NECESSITY FOR HEALTHY LIFE IN THE ERA OF CORONA.

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Creating a full body work out plan at home is an art, especially after the outbreak Corona epidemic. still the threat of this deadly disease is looming large in the world. Recently again it is witnessed that Corona cases are on rise and various govt agencies again alerted the masses on the rise of Corona. After the onset of corona period now people in large numbers are thinking of avoiding the Gym and other common places for daily fitness plan. Being a Health freak and student of sports and Physical Education, I have been over two year since I have not able to visit the Gym or other common play ground or go for my swimming session in the summer season. Situation forced me to had a plan for full body workout. It can provide overall toning and help to achieve your goal- whether the goal is to attain strength or overall fitness or lose weight! A full body work out does not require any machines so it is routine physical-work out you can follow anywhere.

HOW YOU CAN PLAN A FULL BODY WORK OUT AT HOME.

To target the full body, one has to divide his work out in three parts- stretching, Abs and cardio. Lets us see How these are important.

1. stretching.

There are numerous benefits of stretching routinely. It not only save you from injury but also increase flexibility and range of motion around the joints. It is also helpful in correcting the posture, reduce stress and body ache. I believe this is must in lockdown period. This is become important when work from home was started by govt and other private agencies as continuous sitting hours affect posture drastically. So stretching should be the important part of your routine.. Stretching before the work out prepare the muscles for an activity. It improve performance, blood circulation and blood flow to the muscles and reduce muscle soreness and muscle injury.

Types of stretching Include:

. **Dynamic:** usually done before an exercise to get your muscle ready for movement.

. **Static:-** Done after exercise session is over to decrease risk of injuries.

Stretching Exercises include:- Neck stretches/ rotation, shoulder stretch, stretching your wrist ankle, hip and hamstring stretches etc.

2. Core Strengthening:- pic Plank.



After doing a few good stretches, one can begin with core strengthening because with long sitting hours, it is observed that belly growing in size. To curb that full body work out also include core strengthening. this can include

Abdominals or Abs are that part of body that help in generating power for functional movements. To avoid injuries that may occur from day to day activities. It is important to keep the core of the body strong and flexible.

There are varied benefits of core strengthening. it is not just about reducing belly fat. Some of the benefits of training your core include:

- . Balance and stability of the body.
- . Improved posture
- . help in alleviating back pain
- . Better performance in sports and other game related activities.
- . stronger core is very important for women during Pregnancy.
- . A strong core minimizes the chances of injuries caused by undue stress on some parts of the body.
- . Core strengthening leads to muscle strengthening and this , in leads to bone strenthening which ultimately increase the metabolism.

Some Simple Exercises for core Strengthening Include: Plank , Forward Crunches, Bridge , Air Cycling, Leg Pullin/ Push-out , side-leg raise etc.

3. Cardio

Eventually one has to increase the intensity of workout by including few cardio exercises. cardio exercises are aerobic exercises of long duration(more than 5 minutes at a stretch) It work on your Cardio vascular fitness (Heart Health), stamina and muscular endurance. The best example of these exercises are walking, brisk walking, jogging , running, swimming , cycling, stair climbing, ramp jogging, mountain walk etc. In lock down or while self quarantining one include spot jogging, spot cycling, jumping jacks should be the part of daily routine.



Few Things To keep in Mind While Planning Your Routine.

1. Work out should be developed around a person's age, fitness level, goal, free time , nutritional strategy etc.
2. How much time can one devote to exercise? If one can do one hour a day that's good but if one has the other responsibility of family than one can have thirty minutes twice a week.
3. Break up your work out! According to the American college of Sports Medicine(ACSM). If one accumulate three 10 minutes bouts of exercise throughout the day to a total 30 minutes of exercise, throughout the day to a total minutes of exercise, then that is as effective as someone who does one 30 minute bout of exercise.

HOW TO BUILD A FULL BODY WORK OUT?

Now coming on challenging part- Putting all together.

1. Full body work out should be fairly simple! Always begin with dynamic warm-up and finish with cool down.
2. Add a variety to your exercise routine by including one new exercise every week to avoid boredom.
3. As a beginner, you can start your full body workout slowly and once you get used to the routine. You can increase the intensity for better result.
4. Rest is also required to ensure complete recovery of the body. So do not forget to give one day rest to your body- It deserve that.

Finally one should never forget doing surya namaskar! At least 1-5 rounds depending on fitness level. Surya namaskar postures are a good blend of warm -ups, asanas and burn out. It helps to tone and shape the body and it also improve body function, improve body flexibility, strengthens muscles and helps beat stress. Add this in your routine to stay always active and its best done in morning hours.

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