



IMPACT OF EXERCISE BIKE TRAINING PROGRAM ON CARDIOVASCULAR ENDURANCE

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ABSTRACT

Present day Age is a very logical and innovative age. Different types of gear and instruments like treadmill, practice bicycle, vibrators, massagers, multi-gymn, leg dynamometer, lat-pull down and so forth., have been created to grant exercise to different muscles and organs of the body. Individuals can without much of a stretch exercise in gyms, swimming pools, high impact exercise classes, yoga classes, b-ball grounds, badminton courts, and on play areas and also on tracks.

KEYWORDS: *naturally dynamic and enthusiastic , swimming pools.*

INTRODUCTION

Man is planned essentially to be a naturally dynamic and enthusiastic being. Man must be enthusiastically dynamic and fiery. It is just through physical movement, hard physical work that an individual can accomplish physical, mental, scholarly, enthusiastic and social wellness and wellbeing. A great many people who are very much aware about the advantages of games and amusements join different Sports and Health Clubs and Gymnasiums; they have officially joined the 'Wellness Revolution' in the cutting edge age.

Physical action, sports, recreations and exercise, are as essential and important as the crucial supplements, nourishment and water to the human body. The advantages of physical movement, sports and recreations in the life of an individual are inconceivable. They are interminable and to be experienced by a man himself or herself. Sports, Games and Physical Education are preventive and in addition helpful; they avoid different sicknesses previously they manifest and numerous illnesses are cured by a standard interest in different games and diversions. Boundless amusements are played by youngsters as well as by individuals of each age-gathering and each sex as a methods for diversion and stimulation .

Promotion of games and diversions in the present age is the need of great importance. Data with respect to the evil impacts of addictions to drugs, over-eating, over-resting, less-rest, wrong dietary propensities, stationary and idle life, significance of adjusted eating routine and most imperative of every single awful impact of absence of physical movement and sports on the general wellbeing, wellness and prosperity of people should be spread among the majority.

High and low circulatory strain, hypertension, diabetes and iron deficient condition and different other comparable illnesses can be counteracted and in addition monitored through investment in activities and sports and diversions all the time. High-impact practices like swimming, running, running or biking consistently are known to help tackle these issues additionally alongside the usage of legitimate eating regimen according to a person's need. Corpulence and overweight or under-weight issues can be overseen and controlled with the assistance of certain physical exercises and activities alongside an appropriate eating regimen.

Standard and consistent physical exercises and activities are an unquestionable requirement to forestall and ward off infections. Consequently, individuals need to do right and appropriate activities and build up the propensity for keeping their body solid, fit and fine ideal since the start.

Harold M. Hand truck appropriately focuses on that physical training is play, game, move and everything of some instructive incentive for the advancement of a person's identity.

METHODOLOGY

The present examination was completed on 20 young men's understudies considering for M. P. Ed degree amid the scholarly session 2014-2015 at the P.G.T.D. of Physical Education, R.T.M. Nagpur University, Nagpur. Subjects were chosen by the irregular examining technique.

All the 20 subjects were isolated into two gatherings: test gathering and the other control gathering of 10 each. The trial was led into pre-test, trial and post test stages. Cardio-vascular continuance of the considerable number of subjects of both the gatherings was estimated by overseeing them with the Harvard Step Test and computing their wellness record. Trial or preparing Phase was of three months span with one hour session every day barring Saturdays and Sundays. The estimations of the considerable number of subjects (n=20) of both the gatherings were assessed for cardio-vascular perseverance for the Fitness Index.

CONCLUSION

It might be finished up from the present examination that a multi month practice bicycle preparing program improves the cardio-vascular perseverance of school young men. Mulling over the advantages of activity bicycle preparing, it is prescribed that school young men ought to be inspired to take part in exercise bicycle preparing program; comparative research work might be done with a view to contemplate their impact on men of various age gatherings, Players and non players, working men and so on. Most importantly, essential offices ought to be made accessible in universities in order to build the support of school young men in exercise bicycle preparing program and subsequently build up their wellbeing and wellness.

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