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Rethinking Social Action. Core Values in Practice

TAE BO – Form of Gym

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TAE BO – Form of Gym

Silviu Andrei BADEA[1]

Abstract

Tae Bo is a form of high impact aerobics that combines the moves of Tae Kwon Do, karate, boxing, ballet, and hip-hop dancing is the newest craze in gym and homes across the country. Tae Bo, which stands for Total Awareness. Tae Bo users should achieve a solid fitness foundation before beginning their workouts as even basic classes or videos require above average endurance, flexibility, and strength. Once a reasonable level of fitness has been achieved, beginners should be sure to master proper technique before starting a full fledge workout. Common beginner's mistakes include overextending and locking joints when punching or kicking which can result in painful muscle damage. Tae Bo workouts can improve balance, coordination, flexibility, and will tone and define muscles. The workout regimen is exhaustively aerobic and therefore yields phenomenal cardiovascular benefits. Tae Bo can be an effective and beneficial cardiovascular workout when performed correctly by the right type of person individuals who do not frequently exercise, are overweight, are over the age of 50, or have health problems should opt for a lower impact form of exercise at least initially. When done properly, Tae Bo can increase lean body mass, decrease body fat, improve coordination and flexibility, and in some participants even increase the mineral content of the bones.

Keywords: Tae-bo, Aerobic Gym, Martial Arts; Karate; Self-defense; Discipline.

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Introduction

This work presents the importance of regular tae bo gymnastics and the effects of aerobic exercises on muscle tissues. For this we considered that the application of a regular and well-organized aerobic exercise program that respects the basic principles of aerobic training will highlight concrete results that can help improve training techniques and adapt the exercises to future requirements.

This methodological approach consisted of organizing a study within the TORA Sports Club in Targoviste and aimed to subject the Aerobic Gymnastics Group to a regular program in order to obtain and interpret the concrete effects of the aerobic exercise on the body.

Aerobic gymnastics includes a complex system of exercise, with high oxygen consumption, aiming at the best development of the body and maintaining it in an optimal state of functioning, nervous system relaxation, good mood, grace, elegance on the move, rhythm and musicality. [1]

The aerobic gymnastics method is a complex kinetoprophylaxis program designed to maintain and develop the suppleness of body, strength and muscle strength. [3]

Performing aerobic exercise (aerobic fitness), also called cardiovascular, involves the body's use of an increased amount of oxygen, which is highlighted by accelerating breathing and increasing heart rate; the necessary energy is obtained through aerobic metabolic processes.

The advantages of practicing aerobic gymnastics are as follows:

- Reduction or maintenance of body weight;
- Strengthening cardiovascular and respiratory functions;
- Reduction in blood cholesterol;
- Balancing and harmonizing body shapes;
- Involvement of the whole body's ability to move;
- Developing specific aspects of coordination;
- Attractive to make the effort. [2]

Organizing and conducting the study

The ***purpose*** of this study is to show the positive influence of exercises in aerobic gymnastics on the body, especially on abdominal fat.

Subjects and methods

Starting from this hypothesis for 16 weeks between September 2016 and December 2016, during the aerobic gymnastics classes at Tora Sport Club in Târgovişte, a group of 10 girls with a complex of exercises performed on musical background For 60 minutes, 3 times a week, to tone the muscles of the body, emphasizing abdominal muscles and lowering the abdominal fat layer.

Research methods used:

• Method of bibliographic study on documentation for the topic of the paper, related to aerobic effort characteristics;

• The method of observation was performed throughout the study, following the evolution of training gymnasts in training;

• Video using the Hp 435 digital camera to improve the execution technique through recordings during training;

• The experimental method was used to confirm or refute the proposed study hypotheses.

Establishment of tests and measurements

1. In order to figure out what the effects of the aerobic gymnastics program are, and if changes are made, in the first step we used to measure the main physical indexes of the 10 girls at the beginning of the experiment.

The following areas were measured:

- Thigh zone
- The basin area
- Waist area.

2. A second step was to measure the dimensions at the end of the experiment after working for 16 weeks in a systematized way.

3. The third step consisted of entering data into tables and interpreting them.

The results of the research and their interpretation

The results of the 3 areas initially measured were taken in turn.

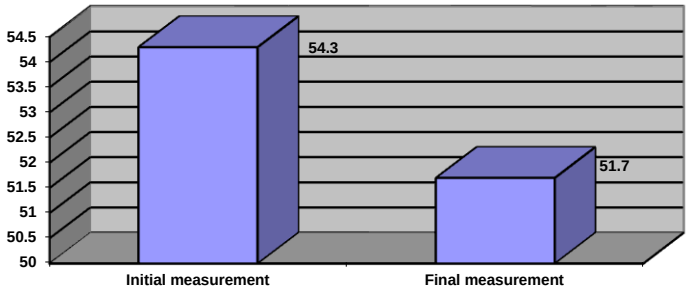
Hip area:

No.	Name and surname	Initial results
1	B.S.	53 cm
2	T.C.	55 cm
3	B.I.	57 cm
4	C.G.	54 cm
5	C.F.	52 cm
6	C.A.	49 cm
7	C.Ş.	53 cm
8	C.B.	58 cm
9	C.R.	56 cm
10	D.A.	56 cm

No.	Name and surname	Final results
1	B.S.	52 cm
2	T.C.	51 cm
3	B.I.	52 cm
4	C.G.	54 cm
5	C.F.	51 cm
6	C.A.	41 cm
7	C.Ş.	52 cm
8	C.B.	52 cm
9	C.R.	51 cm
10	D.A.	51cm

Initial average = (53+55+57+54+52+49+53+58+56+56)/10 = **54,3 cm**
Final average = (52+ 51+52+54+51+41+52+52+51+51) / 10 = **51,7cm**

In order to observe the overall results of the girls under study, an arithmetic mean of each measurement was made, which resulted in the following results:



Mc= Average 1- Average 2 = 54, 3 cm – 51,7 cm = **2,6 cm**

Following the study and the measurements made in the thighs there was a 2.6 cm decrease on average, which confirms and highlights the positive effect that the aerobic exercises on the thighs.

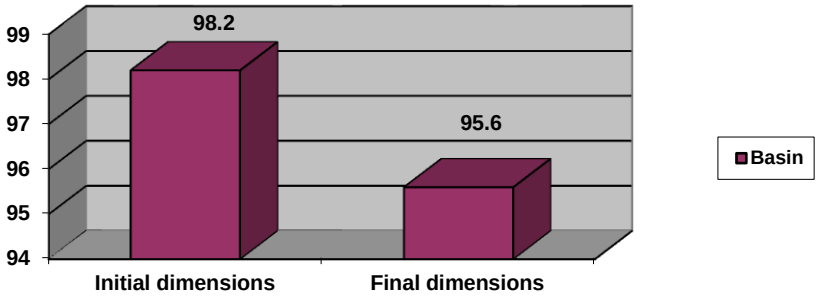
No.	Name and surname	Initial results
1	B.S.	94 cm
2	T.C.	97 cm
3	B.I.	103 cm
4	C.G.	96 cm
5	C.F.	98 cm
6	C.A.	101 cm
7	C.Ş.	96 cm
8	C.B.	100 cm
9	C.R.	99 cm
10	D.A.	98 cm

No.	Name and surname	Final results
1	B.S.	92 cm
2	T.C.	92 cm
3	B.I.	100 cm
4	C.G.	91 cm

5	C.F.	98 cm
6	C.A.	99 cm
7	C.Ş.	96 cm
8	C.B.	98 cm
9	C.R.	95 cm
10	D.A.	95 cm

Basin area

Initial average = (94+97+103+96+98+101+96+100+99+98) / 10 = **98,2 cm**
Final average = (92+92+100+91+98+99+96+98+95+95) / 10 = **95,6 cm**



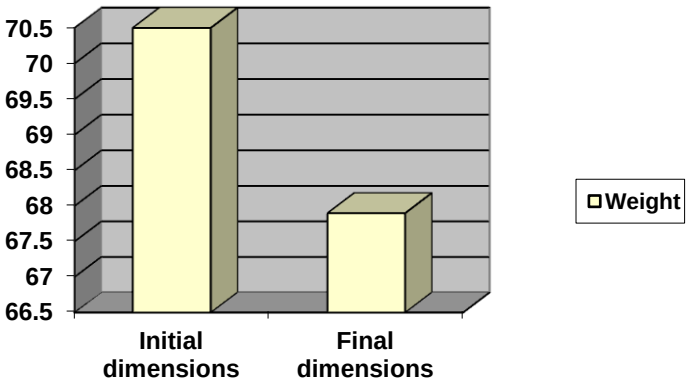
Also, in the case of the basin size, a decrease of 2.6 cm between the initial measurements and the final measurements is observed.

Wegiht zone

No.	Name and surname	Initial results	Final results
1	B.S.	66 cm	65 cm
2	T.C.	67 cm	65 cm
3	B.I.	78 cm	74 cm
4	C.G.	74 cm	71 cm
5	C.F.	78 cm	75 cm
6	C.A.	73 cm	69 cm
7	C.Ş.	72 cm	68 cm

8	C.B.	68 cm	68 cm
9	C.R.	65 cm	63 cm
10	D.A.	64 cm	61 cm

Initial average = (66+67+78+74+78+73+72+68+65+64) / 10 = **70,5cm**
Final average = (65+65+74+71+75+69+68+68+63+61) / 10 = **67,9 cm**



Also, the average waist size is positive, decreasing on average by 2.6 cm after the exercise program.

From the data entered in the tables, an overall evolution can be observed, even if there were cases where the initial dimensions remained unchanged.

In all three types of measurements the results were smaller by about 2 cm, which confirms the positive influence that aerobic exercises have on the body in general.

Conclusions

By practicing tae bo aerobic gymnastics exercises, the energy consumed turned to the body's fat deposits, which led to a rebalancing of the metabolism and a better functioning of the ratio between the active mass and the passive mass - respectively the reduction of the adipose tissue in the respective areas.

Tae Bo gymnastics is a more effective and quicker way to remove the fat layer, but it is preferable to be combined with a fitness program

(weight training) to maintain muscle tone (sometimes in slimming regimens, especially those based Only on starvation, although to lose weight quickly, the general appearance is the human being through a disease, which is not desirable).

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