

## THE DEVELOPMENT OF STRENGTH QUALITIES IN CADETS USING THE CROSSFIT SYSTEM

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**Abstract:** Sports are widespread all over the world, and various fitness trends are emerging. One of the interesting and popular directions is a new type of strength fitness "crossfit". Crossfit is very different from traditional fitness. It's really a sport. Crossfit is an extreme system of general physical training based on alternating basic movements from various sports (kettlebell lifting, weightlifting, gymnastics, athletics, etc.) The crossfit training system is optimally suited for everyone who cares about their physical fitness. Most people around the world follow the exercises published daily, and this helps them stand out and reach a new level when solving combat tasks, in the ring, in stadiums, in gyms and in everyday life. The good thing about crossfit is that anyone who wants to train can train anywhere and with any set of equipment. Crossfit has convincingly proven its ability to lead to tangible results in functional physical training and to solving a wide variety of tasks.

**Keywords:** *crossfit, training, sports, functional movement, intensity, methodology, coordination, dexterity, efficiency.*

Crossfit is a constantly varying, high-intensity, versatile, functional movement. Functional movements - these movements are natural and effective for moving the body and external objects. However, the most important aspect of functional movements is their ability to move large weights over long distances, and do it quickly. Together, these three attributes (weight, distance, and speed) determine the ability of functional movements to generate high power. Intensity is defined precisely as power, and intensity is an independent variable and is most often associated with maximizing adaptations to loads. In light of the fact that the breadth and depth of the training stimulus of the program determine the breadth and depth of the adaptation achieved, therefore, the system of training the use of functionality and intensity constantly varies.

In the practical application of the crossfit training system, simply put, sport is a "sport of physical training". This is the principle of natural camaraderie, healthy competition and the pleasure of training or playing can maintain an intensity that cannot be achieved by other means. The crossfit system increases performance over a wide time range in various modal domains. This comprehensive increase in performance corresponds to the originally stated goals of building a program of broad,

holistic and comprehensive physical training. Explains the variety of sports tasks pursued in the crossfit system, expressed in the deep penetration of crossfit into various sports and physical activities.

The methodology that governs the crossfit program is completely empirical. It is believed that characteristics such as safety, effectiveness and efficiency (the three most important and interrelated aspects of any physical training program) can only be assessed on the basis of measurable, clear and repetitive facts, that is, data. The methodology of crossfit depends on the universal availability of methods, results and criticism, and for this purpose, training is posted on the Internet, as well as various local networks.

The developers of the program are any crossfit instructor and athlete who is a member of a free and fruitful on-line community. The crossfit training system is empirically based, clinically tested and developed by the community.

Crossfit is a program designed to increase the functionality of the body. By creating a program capable of providing as wide an adaptive response as possible. Crossfit is not a specialized physical training program, but an attempt to optimize physical competence in each of the ten generally recognized physical indicators. These are performance, endurance, strength, flexibility, power, speed, coordination, dexterity, balance and accuracy. The crossfit program was designed to enhance people's competence in performing any physical tasks. Students should be trained to perform multiple, varied and random physical tests. Such preparedness is in demand from the personnel of the armed forces and the police, firefighters and athletes who need full physical competence. And this crossfit training system has proven effective in achieving these goals.

In addition to the breadth and universality of training pursued by the crossfit program, it is special, if not unique, in aspects of maximizing neuroendocrine response (these are changes in the body that affect the nervous or hormonal systems), developing power, using cross-training in various modalities, the constant use of functional movements and the development of effective nutrition strategies. Those involved are trained in cycling, running, swimming, and rowing for short, medium, and long distances, and can guarantee competence in any of the three metabolic pathways of energy production.

The programs are built using gymnastic movements, from elementary to advanced, which allows you to develop a remarkable ability to control the body, both dynamically and statically, maximizing the ratio of strength to body weight and flexibility. Considerable attention is also paid to weightlifting, as it allows occupants to develop explosive power and control over external objects.

In gyms and fitness centers around the world, typical workouts consist of isolated movements and long aerobic sessions. In the fitness community, from coaches to sports

periodicals, there is an opinion that spreading your arms to the side, flexion, leg extension (exercises for pumping the quadriceps), and similar exercises combined with 20-40 minutes of pedaling on an exercise bike or running on a treadmill, lead to a significant increase in physical fitness. For example, in the crossfit system, they train exclusively with complex movements in short high-intensity approaches. Replacing the spreading of the arms to the side with a standing barbell press, bending the arms for pull-ups, stretching the legs in the simulator for squats. Instead of one long distance, athletes will cover five or six shorter ones. The question arises: "Why?" - Because compound or functional movements and intensity using anaerobic energy systems are much more effective at achieving almost any result in the context of physical fitness. It is striking that this is not a millet opinion, but a firmly grounded scientific fact, and yet the less effective old training systems continue to be used almost everywhere. This approach is consistent with the one used in the elite training programs of athletic teams of major universities and sports organizations. The crossfit system tries to convey the basics of the virtuoso training process to the general public and students who do not have access to current technologies, research, and training methods.

The needs of people who do not engage in physical education and the needs of professional athletes differ in degree, not in kind (i.e., the degree of load varies, but the program does not). The development of performance, endurance, strength, flexibility, power, speed, coordination, dexterity, balance and accuracy is important both for world-class athletes and for our grandparents. The amazing truth is that the same methods that are used to develop professional athletes develop the same performance in older people. Of course, you don't have to force your grandmother to squat with the same weight that we prescribe for an Olympic skier, but they equally need squats. In fact, squats are a means of maintaining the functional independence of the body and increasing physical fitness. Squats are just one example of movements that are universally valuable and necessary, but are very rarely used by anyone other than the most advanced athletes. This is a tragedy. Through painful training and gradually increasing loads, the crossfit system is able to train anyone who cares about themselves to perform safely and as effectively as possible the same exercises that are used by coaches to train top-level professional athletes.

Many professional and elite athletes train under the crossfit program. Wrestlers, cyclists, surfers, skiers, tennis players, triathletes and others competing at the highest levels use the crossfit system approach to advance their core strength and general training, but that's not all. The crossfit system tested its methods on sedentary, obese and elderly people, and it turned out that in these social groups, training had the same positive effect as on athletes. If the crossfit program works for Olympic skiers and overweight, inactive housewives, then I think it will work in your case.

Any workout is better than no workout, and you haven't wasted your time. In fact, the aerobic loads you use in training are an essential foundation for developing fitness, and isolated movements have allowed you to develop some degree of strength. Some of the world's best athletes experienced significant deficits in key strength and general fitness. It is hard to believe that many of the elite athletes have achieved international success and are still far from realizing their full potential because they did not have access to modern training methods.

The crossfit training system is a program of strength and general physical training in two aspects. Firstly, the program is a key program of strength and general physical training because the fitness developed within the framework of the crossfit system is the basis for any other athletic needs and tasks. Secondly, it is a "key" program of strength and general physical training in the literal sense of a central role in relation to something. Most of the work focuses on the main functional axis of the human body, which makes up the "core" and includes flexion and extension of the pelvis and flexion, extension and rotation of the torso. The dominant role of functional training in this regard is due to the simple observation that powerful pelvic extension is necessary and critically important for elite athletic performance. Experience shows that no one without the ability to powerfully extend the pelvis achieves serious athletic results and almost everyone who possessed this ability was an excellent athlete. Running, jumping, punching and throwing — all these movements originate in the "core". The crossfit system begins the development of athletes with the development of the core, which, by the way, also applies to the way muscles are used in functional movements — from the center to the extremities.

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