

## IMPROVING THE LEVEL OF PHYSICAL FITNESS OF CADETS THROUGH THE CROSSFIT COMPLEX EXERCISE “GORILLA”

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**Annotation:** in this article, special exercises have been developed so that not only cadets, but also employees of the entire field, have concepts about this sport and, in order to increase their general physical fitness, engage in the sport of “Crossfit” with the help of a coach and independently.

**Keywords:** *crossfit, cadet, listener, sunday, fitness, strength, endurance, agility, speed, physical qualities.*

Today, many physical education tasks are carried out to increase the general physical training of employees of the internal affairs bodies, ensure that body weight does not exceed, and create a healthy lifestyle. These can be seen in the reforms that have been implemented in recent years. The demand from the established sports normatives for the purpose of increasing the rank, position, categories of employees of the industry to accumulate the required score and not exceed the meori of body weight encourages them to work on their own, regularly engage in sports.

The Crossfit system has a variety of reviews, choosing this sport for yourself is only your decision. This should not be done if you have health problems. You should always start with a professional trainer and observe not only the speed, but also the technique of performing the exercises to avoid injuries. Crossfit is about strength, endurance, good health and looking great, but if you follow all the rules you read in this guide, you will have positive changes not only in your physical condition, but also in your appearance.

Crossfit is a system of physical movements that allows you to train all muscle groups at high intensity. Crossfit in English means “Cross” - crossing, accelerating or scratching, and “Fit” means fitness. In short, the meaning of frowned fitness comes from. Crossfit is a sport mainly focused on enhancing and developing the physical qualities of a person's strength and endurance, as well as physical qualities such as speed, strength, flexibility, coordination, balance, accuracy, and improving the functioning of the cardiovascular and respiratory systems. Crossfit is considered a competitive sport, and its tournaments are held all over the world. This sport is characterized by the fact that it constantly changes the function of movements in a high

intensity, at different intervals of time. This set of exercises includes physical exercises that affect different muscle groups at the same time, from 15 to 60 Minutes.

In CrossFit, rest is not defined between exercises you will have to do each session at a set time frame. During the allotted time, a person should repeat several exercises 3-4 times or more in each circle. This makes it possible to develop the human respiratory system, increase the load on the heart and maximize the load on muscle tissue.

Crossfit sports are comfortable for everyone, and in order to practice it, it is not necessary to go to the gym, have any specific physical training or information. Crossfit programs can include a variety of exercises. It all depends on the person involved. These activities can be constant sit-ups, hand-bending writing with support, running on the spot, or jumping exercises. A person himself determines the load and intensity of training, taking into account age, gender, health, physical condition. As time goes by, you can increase the number of exercises or the time of execution. If you have health problems, it is best to prescribe exercises for Crossfit on the recommendation of a medical professional. Also for training, you can use room equipment or ground at any time, taking a 1-2 minute break between each circuit at the start. But rest in the sport of Crossfit as described above was not marked. Therefore, it is advisable to slow down the intensity of training and increase the intensity more and more. If you want to practice Crossfit diligently, then be prepared to do exercises from powerlifting, gymnastics, weightlifting, athletics, martial arts and other sports.

The goal of CrossFit is not only to improve your overall fitness, but also to make you stronger, more resilient, more flexible, faster and more active. If the workouts are incorrectly structured, then you will not only not achieve your goals, but also worsen your health. Based on these points, it is advisable to train in a group or at least with a certified teaching coach. By the way, group training is much more effective than individual training, and crossfit competitions are a strong motivation for this type of fitness supporters.

Crossfit, like any fitness track in sports, has the task of effectively building a human body, but unlike others, crossfit aims to make an ideal athlete the most energetic person on the planet. Therefore, the crossfit technique is actively used in combat sports, in the preparation of special units, firefighters and other professional areas where physical training comes first.

CrossFit uses routine sit-ups, weight lifting exercises, turnstile pull-ups, hand bending writing, Pull-Ups, Push-ups, and other muscle attraction exercises. However, in addition to basic exercises, free weight exercises are also allowed, that is, all the same exercises are performed only without weights (push-ups, jumps, pull-ups, stretches, etc.k.) aerobic exercise such as running, cycling, rowing, swimming, jumping rope, etc. Here, the load is both strength and aerobic (since there is cardio

training). In addition, exercises are also used in various sports (giryā lifting, weightlifting, rhythmic gymnastics, rowing, athletics, etc.), where the exercises are performed with high intensity.

Draw 1

<b>“Gori lla”</b>	•Sitting 25 times	
	•Jump 100 jumps	
	•20 times bgorpi	
	•50 Step	
	•Sit 30 times-AP Press	
<b>Exercises are performed 8 rounds. It is required to perform at a minimum time interval.</b>		

This crossfit exercise "Gorilla" is performed 8 rounds. The main crossfit exercise is performed after the body is first heated through all-inclusive exercises. This exercise is required to be performed qualitatively until the end.

We will talk in more detail about what is Crossfit training and what types of basic training it includes. The basics of Crossfit include three main types of training. These are: cardio, Gymnastics exercises and free weights.

These crossfit complexes were developed and organized into classes, taking into account the health, gender and physical fitness of employees of the internal affairs body, cadets of educational institutions. In each class, the complexes were enriched with the number and intensity of exercises from the beginning to the next. Before starting classes, it is better to clarify yourself in which class you are in and then start training. The fact that you do not move to the next one or the next one, leaving the complexes in the meantime, without perfect execution of the complexes, will make you increase your physical qualities slowly but without excessive nagruzkas, without losing health. Don't dream of becoming a champion in the short term.

This article, in addition to strengthening the knowledge and practical skills of listeners and cadets studying in the educational institutions of the Republic of Uzbekistan, as well as all employees of the field service serving in the system in the sport of Crossfit, is intended to improve physical qualities such as strength, agility, speed, endurance, as well as the formation of skills necessary for

Today, CrossFit has a variety of types as physical training depending on its purpose: it is used in combat and security units, law enforcement agencies, fire units, self-defense courses, as a training complex for sports teams. The set of exercises for Crossfit can be optimized for any person, be it a child or a professional boxer. If a person is ready to become healthier and stronger, this direction of fitness is suitable for absolutely everyone.

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