

Physical education - strength and flexibility program

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Entire flexibility training of the body leads to reduced soreness of muscles, improved physical performance. Exercises as yoga help relax the mind and body stress (Skinny).

Key Features of Program

Boost performance in other areas

Increase one's efficiency while performing tasks

Aid in concentration

Increase awareness

Strength and body training can help to boost the performance of one in other areas of life e. g. regular body exercise and training is believed to improve study skills.

Efficiency used in weight lifting and flexibility training can help one to perform manual tasks more effectively. People who are used to carrying heavyweight can perform manual tasks more easily.

Heightened concentration, which is achieved through flexibility training because of a relaxed state, can be used to help in other areas. Such concentration can be used to study.

Physical exercises are known to improve one's awareness. It is this awareness that thus enables one to act instantly during events . e. g. being hit by a car.

A relaxed state helps one to make or achieve clear goals.

A flexible body can be a great asset if you want to participate in games and other physical activities. Many sports e. g. football requires a flexible body for one to be good.

Improved posture will help to promote the proper functioning of the body organs. Good body posture will also help one to attain comfort.

<https://assignbuster.com/physical-education-strength-and-flexibility-program/>

Regulated blood flow will help to increase the chance of endurance during the training period. In addition, the maximum intake of oxygen is promoted by regulated blood flow.

Lunges

Squats

Standing calf raises

Wall push-ups

Biceps curl

to strengthen your hamstrings (back of thigh), quadriceps (front of thigh), gastrocnemius (calf) and gluteus Maximus (bottom) muscles

to strengthen your quadriceps (front of thigh), gluteus Maximus (bottom) and soleus (deep calf) muscles

to strengthen your gastrocnemius (calf) muscles

to strengthen your chest, arm, shoulder, and upper back muscles

to strengthen your biceps muscle (at the front of your upper arm)

Chances are that I will implement the program. Its benefits surpass the time spent.

Exercise Physiology Principle of Permanency

I am going to implement the strength and stretching program as long as time is available. My key challenge is the availability of time and the right mood for training.