

Benefits to running bleachers

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Athletes, along with others trying to get into shape usually incorporate running bleachers into their exercise routines. This activity has a variety of health and physical fitness benefit. One obvious benefit is the ability for body to develop more efficiently than running on a flat surface. Another benefit is the increase of the heart rate. The heart rate increases because the activity is much more intense than running regularly or jogging.

Jogging bleachers requires the exercise to be performed at a higher intensity. This type of workout helps to teach an individual's cardiovascular system to recovery quickly. This is because after going up the bleachers and resting for a few seconds, the body needs to be ready to be able to work hard again once it is time to run back up. This workout is known as a cardiovascular exercise which is effective in burning calories.

This helps to increase the body fat loss and allows the heart rate to elevate for at least 30 minutes. A big reason why most athletes run bleachers is because of its ability to increase leg power. In certain sports, such as basketball, soccer, football and track, leg power is necessary to better the performance of the player. Climbing up the bleacher requires the quadriceps and glute muscles in the legs to push off each step with force. Running bleachers also puts more of a variety into an average person's workout.

This prevents muscles from adapting and allows them to continue development. For runners, finding a set of bleachers to run can be considered a break from their same daily route, which will keep them from becoming tired. For those who are not runners, bleachers will most certainly help to work out the muscles throughout the legs. Although running

bleachers can be considered cruel punishment in gym classes, it is an effective exercise that keeps the heart healthy and the legs muscular.