

A SELECTION OF GENERAL CONDITIONING EXERCISES

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General conditioning exercises play an important role in the development of muscle elasticity, strength, mobility and coordination. The exercises also form a foundation for specific conditioning exercises. The following selection of general conditioning exercises are extracted from a series of articles titled "1001 Exercises for Track and Field Athletes" that appeared in Legkaya Atletika, Russia, No. 7 to 12, 1994. Re-printed with permission from Modern Athlete and Coach.

The following text attempts to draw attention to a variety of general and specific exercises and their execution procedures in order to provide athletes and coaches a wider choice of appropriate exercises for a particular task.

GENERAL PRINCIPLES

It is important to understand that general preparation exercises have the task to develop the cardiovascular system, improve work capacity, strengthen the movement and support systems, improve coordination and form a sound base for the performance of specific exercises. The following factors should be taken into consideration in the execution of general preparation exercises:

- Flexibility exercises should always be performed with the largest possible movement range. The same exercises can also be performed at maximal speed to assist the improvement of movement speed.
- Exercises against external resistances are performed to develop muscular strength capacities.
- General endurance is developed by increasing the number of repetitions and the intensity of an exercise. The exercises chosen to assist in the development of general endurance should involve a large number of muscle groups.
- The development of local muscular endurance takes place when a select small muscle group is involved in the performance of the exercise.
- Exercises involving a large number of muscle groups under frequently changing tensions and sequences help to improve coordination and agility.

- Most general preparation exercises are performed with a sufficient number of repetitions to create slight fatigue.
- Eight to ten continually changing exercises are incorporated in each training session.
- It is important to ease muscular tension between the exercises by using relaxation techniques in standing, sitting and hanging from a bar. The relaxing and shaking of the muscles should take place after creating a short (4 to 10 sec) pretension phase.
- Relaxation exercises should be performed in 3 to 4 repetitions of about 30 to 60 seconds.

GENERAL EXERCISES

Where necessary to draw attention to the performance of an exercise the following signs are used in the illustrations:

- → = stressed change of direction
- ↔ = double direction change
- → = static performance
- 0=0 = suitable for the use of additional resistance (weight).

Shoulder and Arm Exercises

Shoulder and arm exercises are illustrated in Fig. 1. The selection includes various arm circles, jumps into a front lean position, different push-ups, dips on parallel bars, etc.

Trunk and Abdominal Exercises

Trunk and abdominal exercises are illustrated in Fig. 2. The selection includes trunk and hip rotations, different trunk and leg lifts, sideways bends, various exercises on wall ladders, etc.

Leg Exercises

Leg exercises are illustrated in Fig. 3. The selection includes different leg swings and stretches, single leg squats, rebound jumps from height, bounding, upstairs runs, upstairs jumps, repetition squats etc.

Other General Exercises

Among other general exercises are simple gymnastics exercises in Fig. 4. The selection includes vaults over boxes, forward rolls, somersaults, wall bars exercises, handstand movements etc.

PARTNER EXERCISES

There is a wide variety of partner exercises, including the following illustrated examples:

- Flexibility exercises in different positions, performed in 3 to 5 sets of 8 to 12 repetitions (Fig. 5).
- Partner resisted strength development exercises for different muscle groups, performed in not less than 3 sets of 12 to 18 repetitions (Fig. 6).
- Partner resisted jumping exercises, performed in 4 to 6 sets with up to a total of 50 to 60 jumps (Fig. 7).
- Combined partner resisted flexibility and strength development exercises, performed in 5-4 sets of 12 to 18 repetitions (Fig. 7).

MEDICINE BALL EXERCISES

A selection of medicine ball exercises is illustrated in Fig. 8. The exercises can be performed in a variety of positions and include:

- Medicine ball throws over the head forward, upward from between the legs, from one hand to the other etc.
- Jumps with a medicine ball in the hands or held by feet, a variety of abdominal strength development exercises.
- Medicine ball throws in standing, sitting and lying positions in different directions.

In general, medicine ball exercises are performed in 4 to 5 sets with 10 to 12 repetitions, up to a total of 50 to 60.

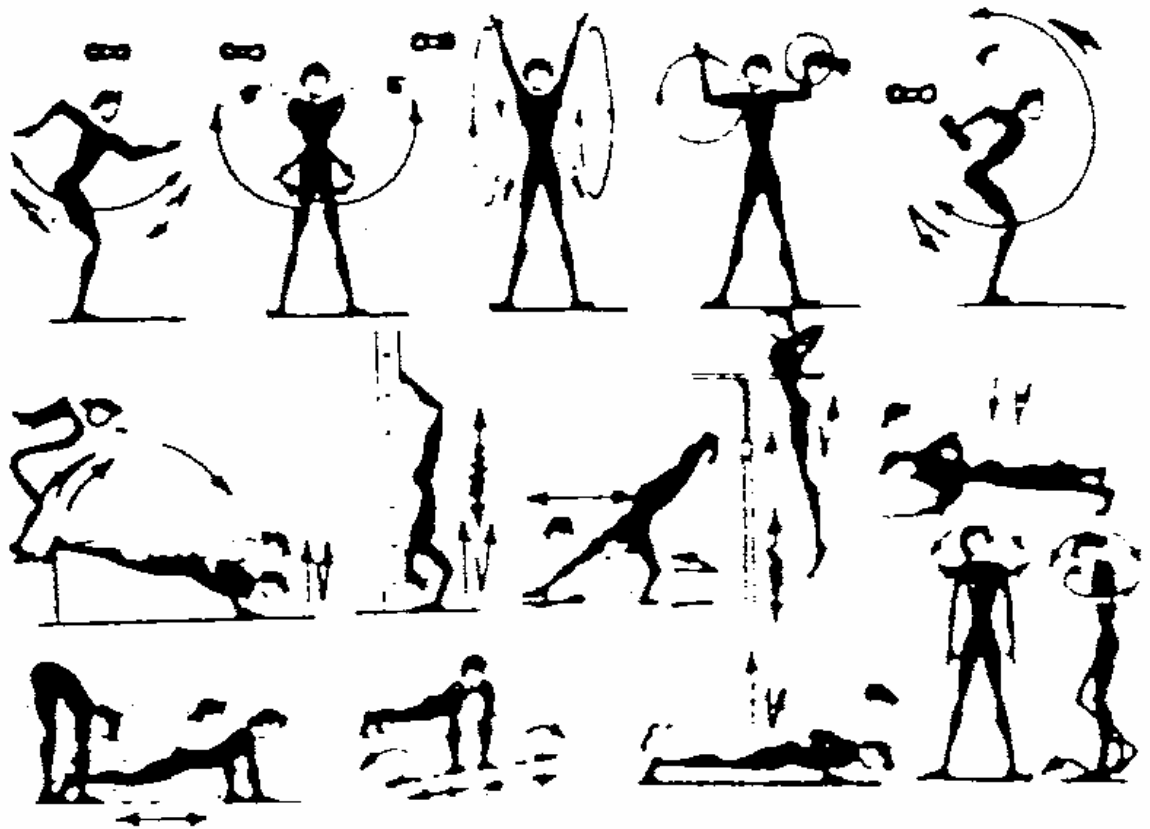


FIG. 1: SHOULDER AND ARM EXERCISES



FIG. 2: TRUNK AND ABDOMINAL EXERCISES

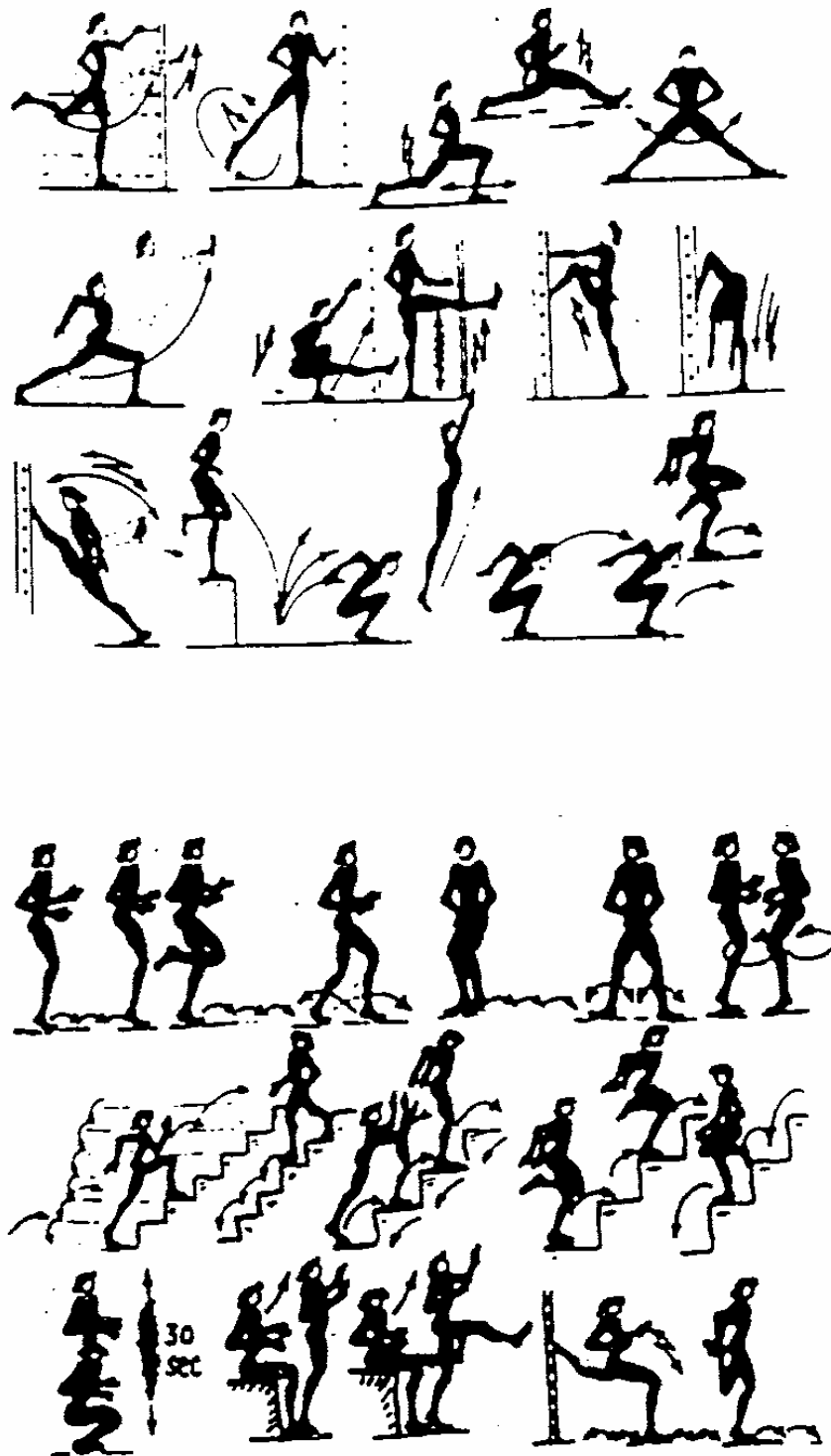


FIG. 3: LEG EXERCISES

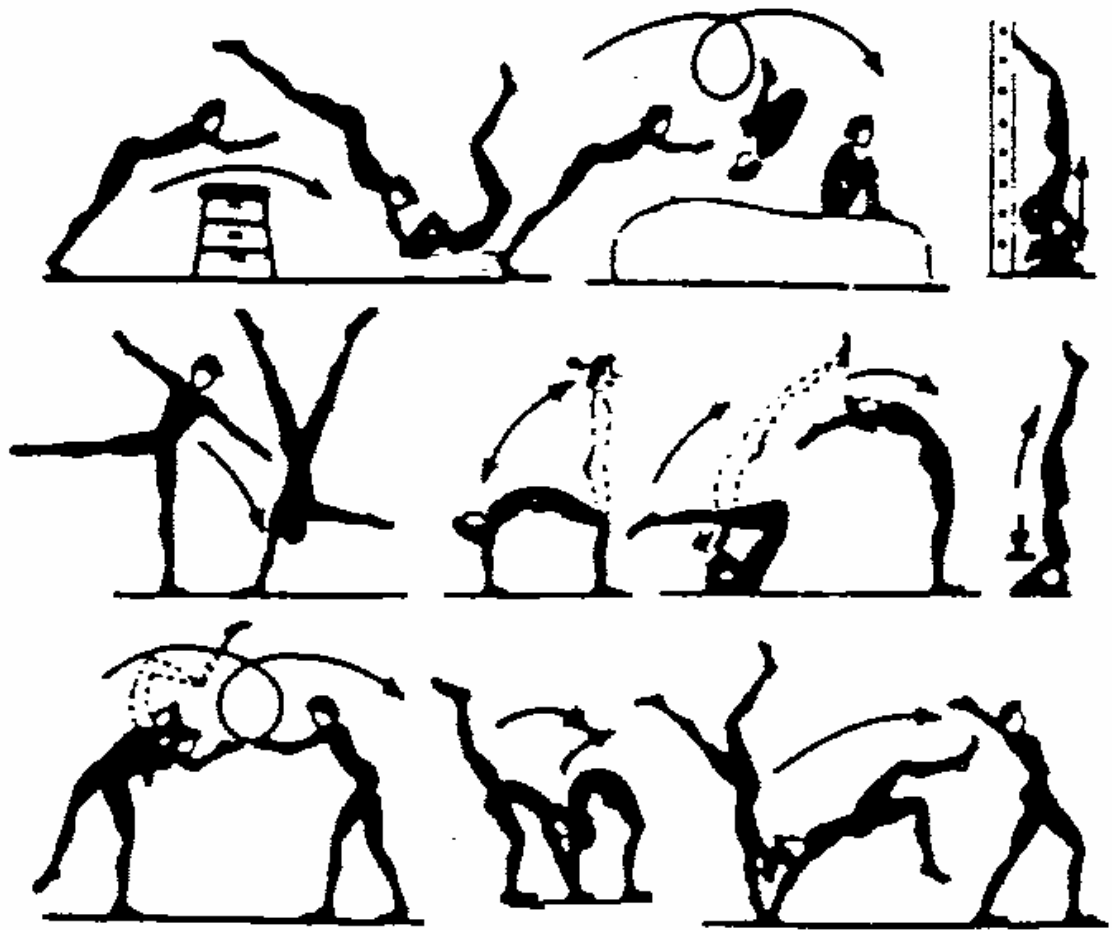


FIG. 4: OTHER GENERAL EXERCISES

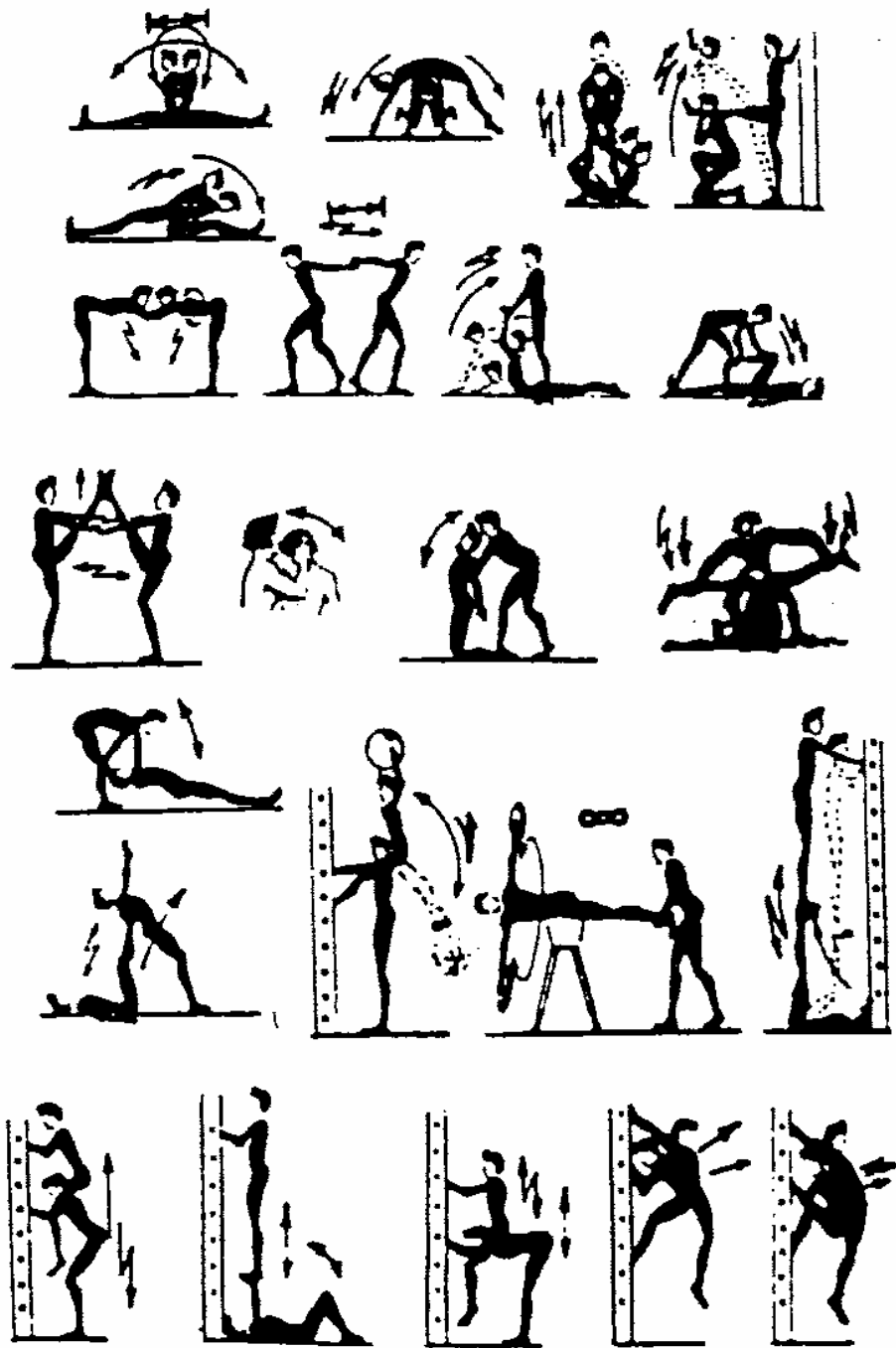


FIG. 5: PARTNER EXERCISES



FIG. 6: PARTNER EXERCISES

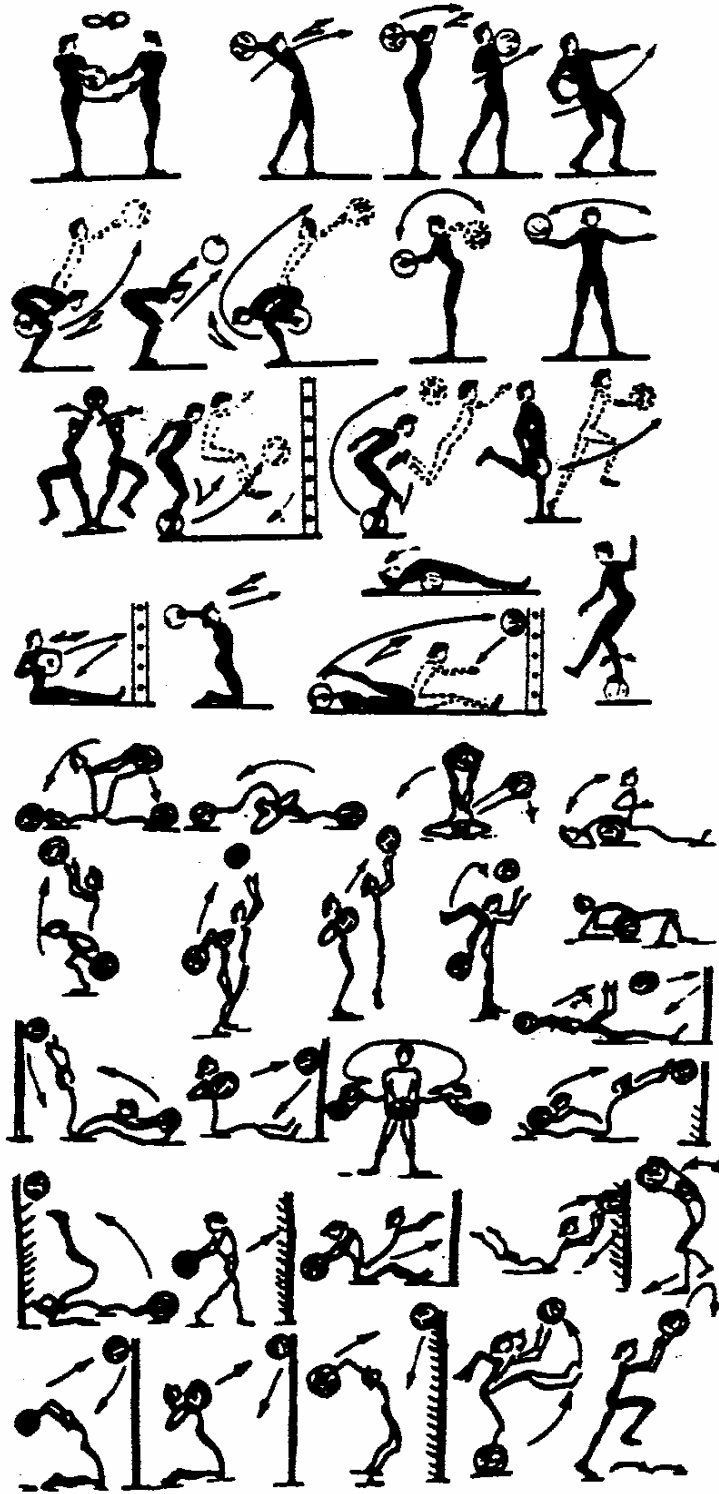


FIG. 8: MEDICINE BALL EXERCISES

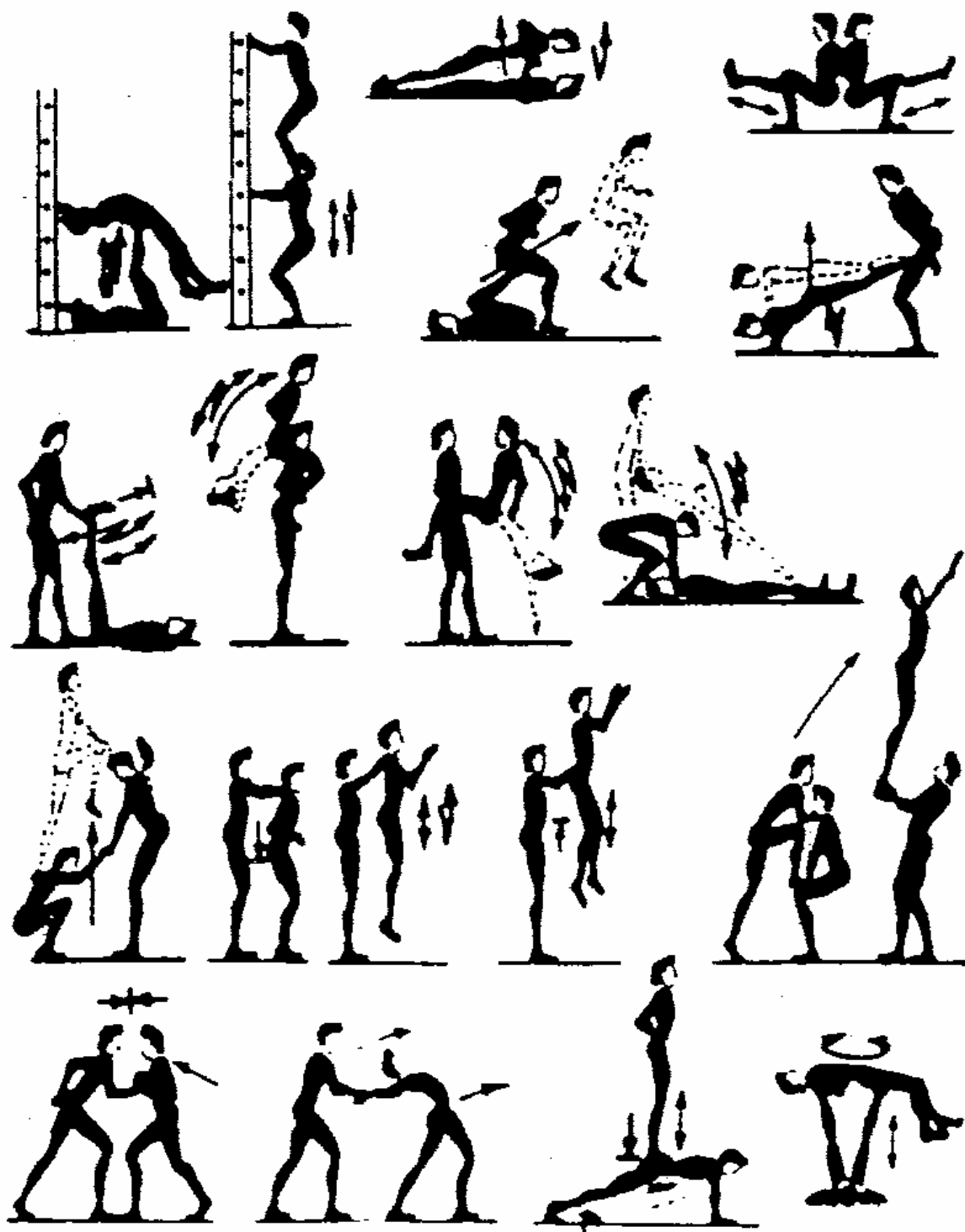


FIG. 7: PARTNER EXERCISES