

LIFE QUALITY OF AMATEUR BODYBUILDERS

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Abstract

In ancient Greece, the concept of "kalokayagathos, which was the expression of splendor and gentleness, signifies" building yourself with the help of reason and acting on human nature as an art creator", and appeared before the other outstanding dictum "mens sana in corpore sano".

Bodybuilding, and especially fitness, is becoming more and more important in our society not only through the competitive system, but also through what we offer to the average person: spending leisure time, strengthening health, positive physical aesthetics, physical and mental relaxation, self-confidence, personal dignity, or gaining respect from others.

The consistency of weight training for sedentary people offers: the program does not depend on any one, there is no element of competition, no common work pace is needed, but it offers the possibility of socializing.

Key-words: bodybuilding, quality of life, amateur.

Introduction

The bodybuilding activities practiced in their free time by amateur adults bring health benefits from both a physical and a mental perspective. They remove the fatigue accumulated at work, create a wellbeing of the whole body, and also constitute socialization tools. Through the rational and organized use of leisure time, personality can be modeled in the idea of permanent education.

By practicing a variety of physical exercises in your spare time you can develop the feeling of freedom, undoing the negative energies accumulated during labor, socializing and collaboration.

Practicing bodybuilding also positively influences the components of personality and self-image by improving the knowledge of one's own body and his / her willingness to move.

Various studies have also confirmed the impact of physical activities on interpersonal relationships. It emphasizes the positive role of physical activity in the interaction between sexes, in professional and even social success.

Other studies highlight the effects of motor activities on the functionality of different body systems, memory, and the balance between biological and chronological age.

Physical condition, "physical fitness" and factors that influence its development

After Allsen, Harrison and Vance, quoted by Aura Bota in 2006, fitness is "a set of principles by which man meets the physical and functional requirements of everyday life, conditioned by individual anatomical-physiological-psychological features". Optimizing bodybuilding leads to improved wellbeing and health, and last but not least, is the foundation of performance sports.

The first materials on sportsmen training, published in the last century, were an interesting reading. Preparing for the competition is the exercise of that test, and nothing more. If an athlete competes in the one mile test, the training consists of 1 mile runs. That was all the training.

Soon, coaches and athletes have understood that such training is not enough. To run a mile without problems, an athlete must possess the strength, good technique or strong muscular and flexible joints. It is impossible to develop these capacities by running the same distance repeatedly. As a result, the training strategies have been modified. Instead of multiple repetitions of the same exercise, a number of complementary means have been introduced in the training program to improve the possibilities of a given sport.

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Using weight-based exercises to improve strength is the key factor in achieving value-for-money in sport, as all of these are of great interest in today's great performance.

Force is the fundamental constituent of movement in physical effort, in great performance, but also in recovery after illness or trauma.

In other words, the movement itself is dependent on force.

What is your favorite? Private Gym or Personal Gym!

It is an important decision to take if an individual decides to start a life-based program of exercise. The decision is: workout at home or subscription to the room, or ... both?

For and against remarks

Pro: private, home-based training with moderate weights without intimidation from anyone, without the critical eyes of the big and powerful.

Against the background: there is a limit in terms of progress, it comes to a point where the weights in the house are small and no longer a challenge.

Home vs gym

Table nr. 1

Home		Gym	
yes	no	yes	no
Free..	Limited material	Multiple equipment	Crowded at rush hours
You do not need to move	Multiple occasions to postpone or reprogram the training	There is no reason to delay	Time spent in traffic and fuel consumption
Economy	Materials may deteriorate or break and significant costs occur	Usually clean and well maintained	Price
Listen to the music you want	-	-	Music in the gym is everyone's music
Access 24/7	Lack of air conditioning	Existence of air conditioning	With or without air, it is mandatory
The equipment can be lighter	There may be an interruption by family members	There are no disruptive factors in general	-

A total of 10 subjects underwent a four-semester exercise program, each semester having 6 weeks with a 2-week break between semesters.

Tabel nr.2

	Phase	Duration	Number			Work pattern	Weight % from 1RM	
			Trainings /week	Circuits/ Sed P???	exercise/ circuit			Ex/ group
6 weeks								
First semester	Anatomical adaptation	6 weeks	3	1- 3 min	8-9	1	20'' L/40'' P	40-60%
	Force	6 weeks	3	3-5 min	4-6	1	10'' L/40'' P	85-95%
	Hypertrophy	6 weeks	3	3- 3 min	8-9	1	30'' L/60'' P	70-80%
	Defining	6 weeks	3	2-2 min	10-12	2	40'' L/40'' P	30-50%

Rest for 2 weeks

2nd semester	Force	6 weeks	3	3-5 min	4-6	1	10'' L/40'' P	85-95%
	Hypertrophy	6 weeks	3	3- 3 min	8-9	1	30'' L/60'' P	70-80%
	Defining	6 weeks	3	2- 2 min	10-12	2	40'' L/40'' P	30-50%
	Transition	4 weeks	2	1- 5 min	8-9	1	20'' L/60'' P	40-50%

6 weeks

3rd semester	Anatomical adaptation	4 weeks	3	1- 3 min	8-9	1	20'' L/40'' P	40-60%
	Force	6 weeks	3	3- 5 min	4-6	1	10'' L/40'' P	85-95%
	Hypertrophy	6 weeks	3	3- 3 min	8-9	1	30'' L/60'' P	70-80%
	Defining	6 weeks	3	2-2 min	10-12	2	40'' L/40'' P	30-50%

Rest for 2 weeks

4th semester	Force	6 weeks	3	3- 5 min	4-6	1	10'' L/40'' P	85-95%
	Hypertrophy	6 weeks	3	3- 3 min	8-9	1	30'' L/60'' P	70-80%
	Defining	6 weeks	3	2- 2 min	10-12	2	40'' L/40'' P	30-50%
	Transition	6 weeks	2	1-2 min	8-9	1	20'' L/60'' P	40-50 %

Subjects performed a set of initial tests to see where each fit, and after the experiment, they were again tested to see the results. By way of illustration, we

show the difference in the chest perimeter at rest in the two tests.

CHEST PERIMETER AT REST

Table nr 3

TESTING	Score	Score variation	The midline	Standard variation	Minimum	Maximum	Amplitude	Variation ratio
Initial	98.80	0.90	97.50	5.33	91.00	110.00	19.00	5.4%
Intermediate	99.70		98.50	5.38	92.00	111.00	19.00	5.4%

The resting thoracic perimeter increased on average by 0.90 cm, from 98.80 cm to the initial test at 99.70 cm after the intermediate test.

CHEST PERIMETER AT REST Average Values

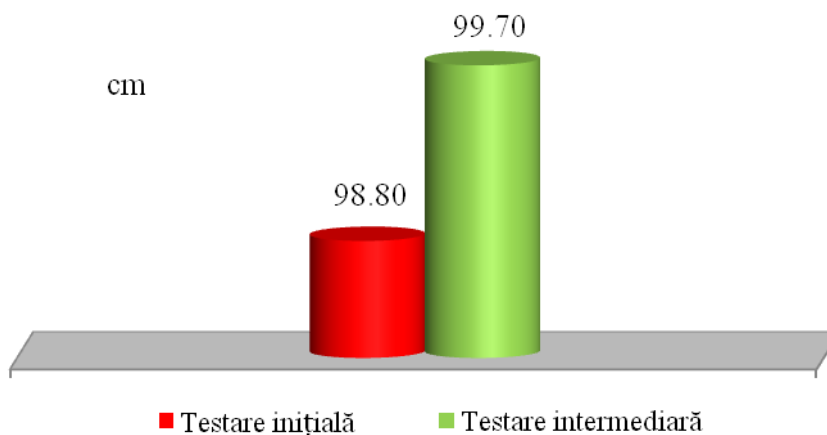


Table nr.4

TESTING	Score	Score variation	The midline	Standard variation	Minimum	Maximum	Amplitude	Variation ratio
Initial	82.80	-0.30	81.50	3.61	79.00	90.00	11.00	4.4%
Intermediate	82.50		81.00	2.64	80.00	88.00	8.00	3.2%

The average abdominal perimeter decreased by 0.30 cm, from 82.80 cm to the initial test at 82.50 cm in the intermediate test.

Conclusions:

- Regarding the specifics of the work equipment, the weights of weights, the length of breaks between the repetitions, the number of series, the intensity of the exercises, the basic and combined motor skills develop.
- The extraordinary amplitude of the two new sporting disciplines in landscape, bodybuilding and fitness has reached in a few years to cover a large number of practitioners with different goals: increased muscle tissue, decreased body fat, muscular toning, satisfaction of the motion requirement.
- Each of the factors that promote the development of muscle mass / increase of muscle strength can also become limiting

factors of development when they do not reach the optimal parameters and can not stimulate the muscular program in this way.

- Practicing bodybuilding exercises in sedentary people is an optimal solution because they are affordable, effective, require no partner, expensive equipment, and can be done both on the ground and in the gym, at certain locations or at home.
- Through their recreational and refreshing nature, these exercises bring educational, cultural, intellectual and behavioral pluses.

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