

FITNESS



Performed: 1st year student
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History

Aerobics is a complex of gymnastic exercises that consists of aerobic movements, rhythmic music that helps to set and maintain the desired stroke for the correct execution of exercises.

Something similar to modern aerobics was laid in ancient Greece. Since then, rhythmic gymnastics grew rapidly and eventually became today's aerobics.



Advantages

Aerobics helps improve the body's metabolic plasticity of muscle and skin, strengthens the cardiovascular and respiratory systems.



In groups of aerobics, usually, doing up to 12 people. The duration of the lesson lasts 45-60 minutes.



Lifts and improves the mood!



Disadvantages

Properly selected set of exercises, without consulting with the instructor, can not only be ineffective but also detrimental to health.



Remember that most of the complexes – versatile, but a better targeted effect of the individually selected complex of exercises.

The types of aerobics

In addition to the basic aerobic now there are many types, so anyone who wants to join the history, way of life, will find something to his taste.

- Step aerobics
- Water aerobics
- Fitball-aerobics
- Yoga-aerobics
- The spinning
- "Power" aerobics
- Aerobic dance



Step aerobics



Created by the American Gina Miller

Gina Miller

For step aerobics you need a special platform , by climbing which increases the physical load. The height of the tap is adjustable.



Water aerobics

