

## Classic And Special - The Loading Standards of Assistant Exercises

**Ibodov Ghalibjon Komilovich**

*Turkestan new innovations  
university graduate student  
ibotovanasiba58@gmail.com*

### **Abstract:**

In this article, the training load in weightlifting is characterized by the amount of weight, the size of the load, the number of repetitions, the number of exercises used, the muscle activity plan and some other factors.

**Key points:** weightlifting, weight size, load volume, number of repetitions, athlete's body, muscle tension, weightlifting, training plans, deadlift, classic deadlift.

### **Introduction**

In recent years, the President has paid great attention to the development of physical education and sports. In recent years, a number of documents on the development of physical education and sports have been adopted in our Republic. Decree of the President of the Republic of Uzbekistan No. PF-5368 dated March 5, 2017 "On measures to radically improve the state management system in the field of physical education and sports" Decisions PQ-2821 "On preparing athletes of the Republic to participate in the XXXII Summer Olympic and XVI Paralympic Games to be held in Tokyo (Japan) in 2020" and other standards related to this field serves to a certain extent the implementation of tasks defined in public legal documents.

The growth of sports results largely depends on how correctly the training load is selected. In weightlifting, the training load is characterized by the size of the weight, the size of the load, the number of repetitions, the number of exercises used, the muscle activity plan and some other factors. The size of the weight in weightlifting is the qualitative and quantitative aspects of its impact on the athlete's body. It follows that the level of activity of the athlete's organism often depends on the magnitude of the special effect of the stimulus. Its qualitative aspect is inseparable from its numerical weight. The internal conditions of the athlete's organism are related to the manifestation of general and special work ability. In turn, the nature of muscle work and muscle tension largely shapes the response of the athlete's body to a specific stimulus. When drawing up training plans, it is appropriate to express the training load numerically (in numbers). Evaluation of training loads can be expressed in the number of barbell lifts (ShKC) in kilograms.

In order to create effective training plans, it is necessary to have such numerical parameters of loads that they should represent it more fully. Firstly, to provide the necessary information about the volume and intensity of the training work performed, and secondly, to be suitable for evaluating training cycles of different durations for weightlifting of different skills and weight categories (otherwise for the group it is impossible to make a plan), thirdly, planning should be simple and convenient. The high intensity of muscle tension in weightlifting is expressed by the complexity of the coordination of the performed movements and other factors. The load in the push-up includes not only the classic push-up, but also special auxiliary exercises for the push-up: standing, semi-

squatting, hanging, etc. Also, in the other tables that follow, information is given on the intensity of loading and the number of barbell lifts by weight zone in weight groups, but they slightly reduce the number of lifts for the higher weight classes. Depending on the individual abilities of students, the number of barbell lifts may vary slightly. Athletes who need to improve the technique of lifting hands, include more special - auxiliary lifting exercises in their training. Athletes who are good at push-ups will focus on other exercises. However, it should be considered that the decrease in the number of lifts in squats and their increase in other exercises leads to a decrease in the growth of results in squats.

Students with a certain qualification, the number of lifts in push-ups and other weight-lifting exercises are the same for all weight categories. not the same. The heavier the weight class, the lower the training weight of the barbell, and therefore the number of barbell lifts with a weight of 70 - 79.9%, 80 - 89.9%, and 90% and more is less. However, this low average training weight and the low number of barbell lifts of 70% and above definitely have an effect on the increase in lifting results in students from heavier weight classes.

Now, in athletes and students with a small discharge, the intensity of loading has a loose relationship with the result, so there is no need to increase the number of barbell lifts with a weight of 70% and more (results even under the influence of a small weight grows). In qualified students, the number of lifting weights of 70% and more affects the growth of results in lifting. The greater their weight, the greater the increase in results. Therefore, the desire to increase such weights in work practice is natural. However, such multiplication should be individual for each student beyond the limit of intelligence. The most important condition is that the athlete's body should be able to recover after such loads. The load in the push-up is not only the classic push-up, but also other special auxiliary exercises: half-squatting to the chest, push-ups and push-ups, etc. The number of lifting the barbell from the chest in one month is 138 among student athletes. Highly qualified athletes do not perform the chest lift exercise separately.

For students of a much lighter weight category, special difficulties arise when lifting the barbell from the chest. They have the first rank and began to appear in athletes of the SUN category. Therefore, the number of lifting the barbell from the chest in the classical method is different for each athlete compared to his individual characteristics. The more mistakes he makes in the breaststroke exercise, the more he will do.

The number of lifting the barbell from the chest in a different way is the same for athletes of all weight categories. Thus, if the weight category is heavier, the total number of barbell lifting from the chest is less, but it is worth noting that this is compensated by the weight lifting exercises by the athletes of the heavier weight category. In each weight category, the number of lifting the barbell from the chest in a different way one month before the competition depends on the age of the athlete. Now practicing athletes should learn to lift the barbell to the chest and from the chest equally well. Therefore, they have the same number of such raises. In order to determine the number of lifts in one way or another, the individual characteristics of athletes, the positive and negative aspects of their technical and physical training are taken into account.

The lighter the weight, the higher the loading intensity. Athletes in the lighter weight category have 70 - 79%, 80 - 89%, 90%, and the number of heavy weight lifting is also higher. In heavier weight athletes, a lower training weight and 70% of deadlifts and a lower number of lifts with heavier weights have the same effect on increasing deadlift results. The number of barbell lifts used in deadlifts with 70% and heavier weights will affect the increase in deadlift results. Younger athletes can handle the high intensity loads of deadlifts. Therefore, they manage to lift a barbell of 70% and heavier weights a little more (and bigger ones less).

### **List of used literature**

1. Mirziyoyev Sh.M. Erkin va farovon demokratik O‘zbekiston davlatini birgalikda barpo etamiz. T., 2016. <http://Lex.uz>
2. O‘zbekiston Respublika Prezidentining 2017-yil 5-martdagi “Jismoniy tarbiya va sport sohasida davlat boshqaruv tizimini tubdan takomillashtirish chora- tadbirlari to‘g‘risida”gi PF-5368-sonli Farmoni. <http://Lex.uz>
3. Matkarimov P.M., Paqov A.B. Оммавий разрядли огир атлетикачиларнинг таййоргарлик ва мусобака даврларида машғулот ~ 70 ~ нагруккаларини режалаштириш (услугий қўлланма) УзДЖТИ нашриёт бўлими, 1994 й.
4. Matkarimov P.M., Paqov A.B., Akbarov A.Э. Оммавий разрядли оғир атлетикачилар машғулотларда турли хилдаги нагруккаларни қўллаш услубиятлари. «Жисмоний тарбия спорт ва маънавият», илмий - амалий анжуман (III-жилд) 1995 й.
5. Сагалеев А.С., Карпеев А.Г. Сенситивные периоды развития физических качеств мальчиков 8-12 лет // Спорт и образ жизни: Мат-лы конференции. - Омск, 1994. -С. 73-75.
6. IN Komilovna - Ziya Distributed From Tezguzar. JournalNX,30-33
7. Ibodova Nasiba Komilovna. Ibrahim Muminov's Scientific and Philosophical Heritage and Subjective Approaches to His Scientific Activity Under the Rule of the Former Ideology. International Journal on Integrated Education. 2022. 556-559-p
8. Nasiba Komilovna Ibodova. ALI QUSHCHI FAOLIYATINI TADQIQ ETISHDA IBROHIM MO‘MINOVNING ROLI. Oriental renaissance: Innovative, educational, natural and social sciences. 2023. 824-829-b