

## Gymnastic Exercises for Physical Preparation in Production Facilities

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**Abstract:** In the article, industrial enterprises carry out a constant stream of physical culture and sports, especially gymnastics exercise complexes 2-3 percent is an increase in performance at the same time to perform complex gymnastic exercises and physical training complexes about those moments.

**Keywords:** body, gymnastics, complex, instructor, dispatcher, exercise, factory.

After gaining independence, our country has created ample opportunities for the creation of manufacturing enterprises. As a result, many jobs have been created. There are different jobs in this plant and the workers here have different responsibilities. As a result, overwork and overwork in the process of work leads to a decrease in labor productivity. The introduction of gymnastic exercises aimed at physical education at enterprises is a vivid manifestation of the state's attention to the preservation and strengthening of the health of ordinary people working in this area. The use of gymnastic exercises aimed at physical education in industrial enterprises increases productivity by 2-3%. By means of gymnastic exercises aimed at physical education at industrial enterprises, the following tasks are solved: facilitates the entry of people into production activities; The body's ability to work at a stable pace improves; Promotes the health and physical development of people; forms such qualities as teamwork, cohesion, discipline.

The complex of gymnastic exercises aimed at physical training, performed at industrial enterprises, is formed depending on the type of profession. Classes are divided into 4 groups depending on mental or physical activity:

1. Nervousness, lack of physical activity, occupations with the same working movements, assemblers of small machines, assemblers of electric lamps,

punchers, seamstresses, on an assembly line, for example: watch factories, shoe factories;

2. Types of moderately loaded work (turning, planing, motor-harvesting), in which various actions related to physical and mental labor are performed ;
3. Various professions that require a lot of physical activity (molders, miners, construction workers);
4. Professions that require constant mental effort (accountants, dispatchers, doctors, engineers).

When it is impossible to organize training minutes for the entire shop in an organized way, or if some workers and employees cannot take a break from work for 5-7 minutes, you can take breaks for exercises consisting of 2-3 exercises. Those who do lighter work during the shift should do physical gymnastics exercises before work, and exercise breaks 1.5–2 hours before the end of the shift.

The scheme of the complex of physical exercises: Exercise 1 - for the head, 2-5 - exercises for the trunk and limbs, Exercise 6 - exercises for coordination of movements, Exercise 7 - the final exercise. Each exercise is repeated 4-8 times, depending on the training of the trainees. The set of exercises should also include exercises for muscle groups that are not involved in working movements and differ from them in characteristics, for example: sitting, those who work less, perform exercises that move all muscles; Specific measures are being developed to determine the training methodology for persons engaged in hard physical labor, taking into account the complex amplitude, active movements, and posture. A set of exercises for minutes of physical training can be composed as follows: Exercises for the 1st group of professions:

Stretching the waist and relaxing the shoulder girdle and muscles;

Exercises that relax the muscles of the arms;

Activities that relax other parts of the body;

Squats.

Exercises for the 2nd group of professions:

Stretching the waist and relaxing the shoulder girdle and muscles;

Exercises for bending, stretching, relaxation for the muscles of the trunk, arms, legs;

Shaking exercises that target more muscle groups in the body

Running, jumping, sitting, walking exercises;

Shaking movements to help relax the calf and calf muscles;

Hands, feet and other movements that relax other parts of the body;

Exercises for coordination of movements.

Exercises for groups of 3 professions:

Adjust your waist and take a deep breath to relax the muscles in your arms and shoulder girdle.

exercises for;

Exercises for bending, twisting, turning the body;

Sit, jump, run;

Exercises for the arm and shoulder girdle (thoracic-lumbar joints and chest).

increase cell motility);

Exercises for harmony of movements.

Exercises for 4 groups of professions:

Straightening exercises;

Exercises for the trunk, arms, legs;

Similar, but more intense exercise;

Sitting, running, jumping, then walking;

Exercises for the muscles of the trunk and arms;

Exercises to relax the muscles of the arms;

Exercises for coordination of movements.

The moment of physical training is of great importance for the vital activity of the body, for the rest of the nervous system. During activity, nerve cells are in a more agitated state. When work stops for a while, it recovers its strength. With the help of minutes of physical training, a high level of performance is achieved and physical qualities are developed. A minute of exercise is spent when the first signs of fatigue are felt. Because it causes fatigue. The control of movements decreases and the ability to work begins to decrease. Exercise takes 5-7 minutes. For those who are simultaneously doing the same work, it is helpful to take two breaks in physical education. Before starting physical gymnastics in the departments, it is necessary to create hygienic conditions that meet the requirements, then create a set of exercises and record it on tape, and train state instructors among employees to familiarize themselves with the content of the set of exercises. The introduction of exercises on a working day is formalized by order. When creating a set of exercises, you must observe the following:

1. Minutes of physical training should correspond to the tasks of the complex;
2. The selected exercises in each set are applied to the body of each of the practitioners.  
must have a side effect;
3. Exercises used in building complexes.  
must correspond to the conditions of study;
4. Exercises should be structured in such a way that the previous exercise is the next exercise.  
should facilitate successful completion;
5. Physical activity corresponds to the training of trainees.

need to

Classes are conducted by a methodologist (methodologist) or a public instructor (instructor). At the same time, he demonstrates complex exercises as a model, and also monitors the quality of the work of each employee, correcting mistakes without disrupting the rhythm of movements. When the exercises are broadcast on the radio, each worker should be

familiarized with the exercises in advance to perform the exercises correctly with music. Difficult exercises are changed every 3-4 weeks. Workers need to be introduced to the simplest methods of self-control: to feel the pulse, to be able to evaluate various sensations that arise after a certain period of training, sleep, appetite, fatigue, and control of the general condition. In conclusion, it should be noted that the performance of gymnastic exercises aimed at physical education is of great importance in increasing the productivity of employees working at industrial enterprises.

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