**Logos Universality Mentality Education Novelty,
Section: Social Sciences**

ISSN: 2284 – 5747 (print), ISSN: 2284 – 5747 (electronic)

Covered in: CEEOL, Index Copernicus, Ideas RePEc,

EconPapers, Socionet

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Logos Universality Mentality Education Novelty, Section:
Social Sciences, IV (1), 177-182

The online version of this article can be found at:

<http://lumenjournals.com/social-sciences/>

Published by:

Lumen Publishing House

On behalf of:

Lumen Research Center in Social and Humanistic Sciences

Improving Fitness through Bodybuilding Workouts

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Abstract

Bodybuilding and, especially, fitness gain an increasingly significant role in our society not only by the competition system, but mostly by what they offer to the common person: enjoyable leisure time, enhancing the health status, creating a positive body aesthetics, physical and mental relaxation, self-confidence, personal dignity, or earning the respect of peers.

By using bodybuilding-specific programs and means, the harmonious body development can be positively influenced (optimized) and physical condition can be improved.

The regular practice of bodybuilding results in self-image improvement and can have the role of recreation, recovery or compensation.

By using progressive difficulty training methods which lead to gain of muscle mass, calories can be burnt more efficiently and body fat can be reduced.

Keywords:

bodybuilding, fitness, body development, physical condition.

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1. Introduction

American College of Sports Medicine makes the following recommendations in what concerns the amount and the quality of the training related to the improvement and maintenance of the cardio-respiratory fitness and of the body constitution in a healthy adult:

- training frequency: 3-5 days/week
- training intensity: 60-80% of maximum heart rate or 50-85% of maximum oxygen consumption (VO₂ max)
- training duration: 15-60 minutes of continuous aerobic training.

The duration depends on the intensity of the activity, therefore a low intensity activity should last a longer time.

As part of the description of the *advantages of weight lifting exercises*, the most important aspect is that such exercises allow the analytical processing of each muscle group.

This thing is significant from several points of view:

- it enables the isolation and separation as accurately as possible of the muscle group involved in the movement, due to the equipment used;
- it enables the recovery and reconstruction of certain muscle groups that have been traumatized and the bringing the potential of such muscle groups to the same level;
- it enables the achievement of exercise programmes that focus on the planning of defective muscle groups;
- it enables the relaxation of previously strained muscle groups, while others are subject to effort. (Bredel Thierry, *Le Grand Livre des exercices de musculation*, Amphora, Paris.)

Most specialists that dealt with the study of the body force from various (theoretical and methodical) aspects refer to muscle contraction that is related to every effort required for the execution of a movement action. (Delavier Frederic, *Strength Trening Anatomy, Human Kinetics*)

The human body shows its force by making efforts in which mechanical work may or may not be present (Armando E, Pancorbo Sandoval, *Medicina y ciencias del deporte y actividad fisica*) . The effort made is an effort of defeat, of maintenance and of surrender, depending on the resistance that must be overcome

2. Method

Methods of body-building training

Methods for obtaining muscle tension:

- Method of maximal effort – lifting the maximal load (maximum resistance exercise)
- Method of submaximal effort – lifting non-maximal loads for an indefinite number of times, but not until failure
- Method of repeated effort – lifting non-maximal loads until failure; during the final repetitions, the muscle develops the maximal force that is possible in the failure state
- Method of dynamic effort – lifting a non-maximal load with highest possible speed (Jurgen Wienek, Manuel D'entraînement)

The applied training programmes were conceived by me for each particular muscle group and were applied according to the training programme for each period. (Frank W. Dick, Sports training principles)

As per the above mentioned, I determined that all the objectives (both the general and the stage objectives) have been fulfilled. The subjects have responded positively to the applied programmes, without any issues.

Positive progress has been observed in what concerns the force development, the modification of the areas involved, the reduction of the adipose tissue layer and the improvement of the quality of life.

The applied methodology is adequate, the exercises are efficient, this thing showing that I can continue to apply the programme for the final research.

2.1. Participants

The subjects selected for this study were recruited from among the persons participating to the bodybuilding sessions. A total of 10 subjects were retained for each group, aged between 21 and 30.

2.2. Statistical analyses –Measurements

To reach the objectives of this study, we will use the following research means and materials: specialized literature, dialogue, observations, testing, graphs and tables.

3. Results

The body weight has increased by an average of 4,05 kg, from 83,50 to 87,55 kg, from the initial to final testing. The dispersion of the data around the mean value is homogenous in both tests. The nonparametric Wilcoxon test shows that the difference has reached statistical significance threshold, $z = -2,807$, $p = 0,005 < 0,05$. The effect size index (0,63) indicates a big to a very big difference between the two tests. The null hypothesis is rejected and the research hypothesis is accepted according to which the mean increase in body weight is significant. The graphical representation of the mean value determined for Weight in the two tests is shown .

4. Conclusions

In conclusion, the following can be observed:

- The programs can be used with sedentary persons without any problems.
- The progress made is promising.
- The methods used are efficient.
- The use and the combination of training methods with progressive loading can optimize the force development and can bring a significant contribution to muscle hypertrophy, to the improvement of joint mobility and to the reduction of the adipose layer.
- The use of means specific to body building can positively impact the general physical condition and the modification of the physical appearance.

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Biodata

Corina TIFREA

- University Professor, PhD - National University of Physical Education and Sports
- Doctorate coordinator, PhD in Pedagogy, 25 years of academic experience, teaching disciplines such as athletics (course and practical projects), biomechanics (as part of the doctoral studies),

Doping in sport and Management of physical education, to the master students of the university.

- president of over 60 Bachelor's / Master' Degree Commissions
- president in over 50 public sessions of PhD thesis defense
- Emeritus Professor and Master of Sports – in the athletic field
- Certificate of Project Manager, member of more than 7 research projects

- Various awards and trophies granted by the Romanian Athletics Federation, Zonta Club USA, ICHPERS USA, Special Olympics Romania, UNEFS Bucharest

- Team Coach for the junior / youth / senior athletic teams for the European Championships, World Championships, European Cups (Barcelona, Berlin, Dublin, Madeira, Eugene – USA, Paris, Stuttgart, Rome, Athens, etc.)

- sole author of 7 specialized books, co-author of 4 books in the field, more than 250 articles in specialized magazines, national and international scientific essays.

Valentin CRISTIAN, 3rd year PhD student at UNEFS (National University of Physical Education and Sports) Bucharest, with Bachelor's Degree awarded by National Academy of Physical Education and Sports from Bucharest in the year 1997, 3rd category football coach. Currently a bodybuilding trainer at Activa Bergamo sports club.

Cristian Valentin has written various articles during his PhD study years of topics related to fitness, bodybuilding and sportive shape.

Dan MANESCU

- Assistant Professor PhD at Sport Department to Academy of Economical Studies Bucharest
- 18 years' experience of teaching and mentoring students to specific activities at Physical Education and Sport discipline at Academy of Economical Studies Bucharest
- Fitness specialist certified by the Romanian Federation of Fitness and Bodybuilding through the coach book got in 1997
- Football specialist certified by Romanian Football Federation through the coach book got in 1997
- Member of the International Federation of Inter-University Sport since 2002
- Member of Scientific Committee to Bodybuilding Science Journal magazine
- Partner of Student Sport Association for Romanian university sport and cultural projects
- Scientific researcher awarded with Recognition Diploma by the Society of science, human excellence and university sport.
- Organizer of events held and conducted under the supervision of the Sport Department and Sports Club of ASE
- Team coach of ASE representative football teams, with participations to international competitions organized under IFIUS and Panathlon (Paris, Barcelona, Rome, Antwerp, Rotterdam, Dublin, Budapest, Vienna, Amsterdam)
- Publisher of 5 books as sole author, one book as co-author, and more than 30 scientific articles in the field of physical education and sport