

**Federal state budgetary educational institution of higher education
"North Ossetian State Medical Academy"
Ministry of Health of the Russian Federation**

**DEPARTMENT OF GENERAL HYGIENE
AND PHYSICAL EDUCATION**

BREATHING EXERCISES "BODY-FLEX"

Methodological recommendations manual
on the organization of independent work and study of the
disciplines "Physical culture and sports" and "Elective course in
physical culture and sports" of the main professional educational
program of higher education – specialty program in the specialty
31.05.03 Dentistry (partially implemented in English)

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"Respiratory gymnastics "Body-flex", guidelines for independent work of students; North Ossetian State Medical Academy: Vladikavkaz, 2016. – 21 p.

Correctly and interestingly organized systematic physical exercises are the most important means of strengthening the health of weakened students. Having analyzed various methods and programs of classes with this contingent of students, we were interested in the system of breathing exercises "Body-flex".

The main essence of gymnastics is the setting of correct diaphragmatic breathing. Respiratory gymnastics system "Body-flex" presents a combination of special poses for stretching the muscle ligaments and "diaphragmatic" exercise, which accelerate metabolic and metabolic processes. This is a quick and effective way to reduce body volume and activate weight loss.

This technique meets the requirements for classes with students of a special medical group in that contraindications to such physical exercises as running, strength exercises, jumping, exercises with large amplitude, etc. are taken into account. Methodical recommendations for students "Body-flex" compiled in accordance with the curriculum and meet the requirements of the educational standard for medical students.

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PURPOSE OF THE LESSON:

1. About to acquaint and teach students the technique of diaphragmatic breathing according to the "Body-flex" method.
2. Awaken the desire to treat your health as a priceless gift, to do everything possible to improve health.

A STUDENT SHOULD KNOW:

1. Five stages of breathing of the "Body-flex" technique.
2. Exercise rules "Body-flex".
3. Indications and contraindications for the use of breathing exercises according to the "Body-flex" system.

A STUDENT SHOULD BE ABLE TO:

1. Assess the correct dosing of the load when using the system "Body-flex".
2. Assess the effectiveness of breathing exercises "Body-flex".

QUESTIONS TO BE SURRENDED:

1. Introduction.
2. The history of the development of respiratory gymnastics.
3. The basics of the "Bodyflex" breathing system with elements yoga.
4. Breathing technique.
5. A set of gymnastics exercises "Body-flex".
6. "Body-flex". Indications and contraindications.
7. Conclusion.

RECOMMENDED LITERATURE:

1. Korpman M. Bodyflex: breathe and lose weight. – Publ .: Eksmo. – 2012.
2. Grout P. Exhale extra pounds / Per. from English Lua. Babuk. – Minsk: Poppuri, 2002.
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1. Introduction

In connection with the deterioration of the state of health of students, the solution of the problem of physical education of students with various deviations in health is currently becoming the most urgent. Students who have undergone any illness or are often and for a long time sick, especially need physical activity, which has a beneficial effect on the weakened body. And they are often simply exempted from physical education. Such students, referring to medical indicators to a special medical group, should be engaged in special programs, methods that take into account the state of health, the level of physical fitness, the functional state of the body, the specificity of the disease, medical and pedagogical contraindications and recommendations for the content of the classes.

One of the techniques is the “Body–Flex” breathing system with yoga elements. This technique meets the requirements for classes with students of a special medical group in that contraindications to such physical exercises as running, strength exercises, jumping, exercises with large amplitude, etc., are taken into account.

2. The history of the development of respiratory gymnastics

Breathing is one of the most important forms of constant communication with the external environment. Nature initially opposed man as a completely alien, omnipotent and incomprehensible force. From the moment man realized himself as a part of nature, it became necessary to study it in order to adapt to various environmental conditions. Attempts to study breathing, its connection with the state of the psyche, health were undertaken in ancient times, subsequently, at various stages of the development of philosophy, natural science were further developed.

At the end of the 19th – beginning of the 20th centuries, research in the field of anatomy, physiology, and biochemistry of respiration, the development of a diffusion model of gas exchange, the creation of a theory of functional systems, and the study of adaptation mechanisms contributed to the emergence of various methods for correcting violations of the respiratory function and gas exchange. Speaking about scientific, fundamental research on gas exchange, physiology and pathology of respiration, you need to start with I.M. Sechenov. The "father of Russian physiology" has been researching gas exchange for a long time.

A huge number of works deal with hypoxia, adaptation of the body to hypoxia and hypercapnia. In the first half of the XX century, breathing exercises were more often used for diseases of the respiratory system, and were also used in the professional training

of singers, announcers, in certain sports, in choreography. The most famous at this time were the three-phase breathing systems developed by Leo Kofler (Germany), Olga Lobanova and Evgenia Lukyanova (Russia).

The second half of the XX – beginning of the XXI century enriched our practice with breathing exercises developed by V. Durymanov, S. V. Dubrovskaya, Yu. Bulanov, A. N. Strelnikova, K. P. Buteyko, I. Smirnova, N. A. Agadzhanyan, Yu. G. Vilunas, S. Grof, V. F. Frolov, G. Childers.

The accumulation of factual material and the study of various health-improving methods of the respiratory systems of gymnastics makes it possible to determine the ways and prospects for the modernization of physical education in higher educational institutions at the present stage.

3. The basics of the "Bodyflex" breathing system with yoga elements

The set of exercises is based on the "Body-flex" breathing system, part of which is borrowed from the Greer Childers methodology, and part from the "yoga" gymnastics system. The program includes exercises aimed at training all muscle groups, as well as static postures, which must be accompanied by a special five-stage breathing. The advantage of the program is that it is based on simple physical laws. Active breathing saturates the body with oxygen, which burns excess body fat. If you strain or stretch any part of the body with isometric or isotonic exercises, more blood flows to that part of the body. Consequently, it is possible to influence the body in a specific place and at the same time strengthen muscles there. This is the basis of work with problem areas of the human body. The set of exercises for the respiratory system also includes a system of static exercises for recovery. The uniqueness of the presented breathing exercises is that it is the only physical exercise program that trains not only the body, but also the muscles of the face and neck.

Respiratory gymnastics "Body-flex" has a number of advantages in comparison with analogues:

- ✓ it takes no more than 30 minutes to complete the full set of Body-flex exercises, so the system can be recommended as the main part of a physical education lesson in educational institutions;
- ✓ the methodology meets the requirements for classes with students of a special medical group;
- ✓ classes on the Bodyflex system do not require special equipment and premises;
- ✓ if it is not possible to attend a lesson, you can perform a set of exercises at home;

- ✓ classes according to the presented system are available to people of all ages, due to their simplicity and acceptable physical activity, therefore, you can use the method of breathing exercises "Body-flex" for healing and general body shaping.

So, "Body-flex" is a gymnastics based on the aerobic principle designed to activate oxygen metabolism in the body. She uses quick breaths and active exhalations that speed up the heartbeat, activate the respiratory processes, make the lungs work, the heart and muscles around them are energized for the whole day.

Goal: giving a healthy tone, elasticity, elasticity and good shape to the muscles and, as a result, the appearance of harmony, a beautiful figure; increased flexibility and mobility of the whole body.

Tasks:

- ✓ maintenance of all vital systems in working order;
- ✓ organism, especially the cardiovascular system;
- ✓ normalization of blood pressure;
- ✓ activation of metabolism;
- ✓ strengthening the immune system;
- ✓ giving more vitality and endurance to the whole body.

4. Breathing technique

The initial position (in which it is easiest to learn how to breathe correctly) – legs are 30–35 centimeters wide, hands rest with palms two and a half centimeters above the knees (as if you want to sit down). Look straight ahead.

Five stages of breathing

- Stage 1.** Breathe out all the air from your lungs through your mouth. The first thing to do is to exhale all the air through your mouth. Collect your lips into a tube, slowly and evenly release all the air from yourself without residue.
- Stage 2.** Inhale quickly through your nose. After emptying your lungs, stop and purse your lips. Without opening your mouth, quickly and sharply, fill your lungs with air to capacity. Inhale strongly and quickly. The inhalation should be very noisy.
- Stage 3.** Exhale all the air through your mouth. "When your lungs are full of air and you feel that you can no longer breathe, raise your head a little. Press your lips together, bite them as if distribute lipstick on them. Now you will quickly exhale all the air, and as low as possible in the diaphragm. Now open your mouth wide and begin to exhale. You should get

something like “groin!” Sounds, but the sounds should come from the diaphragm, not from the lips or throat. This deep exhalation is difficult to master, and it may take more than one try to catch it. For the first time, you might even want to cough (from the lungs, not the throat) and try to simulate the correct sound, as if it really comes from deep within the lungs. You will know when the exhalation is done correctly – “groin!” will turn out sibilant. ”

Stage 4. Hold your breath and do the abdominal contraction for eight to ten counts. After exhaling all the air, close your mouth and hold your breath. Hold the air all the time while doing this exercise. Tilt your head, draw in your stomach and lift it up as far as possible. This is called “pulling in the belly” and is part of the exercises that flatten the belly. Tilting your head toward your chest will simply make it easier for you to pull your belly up, because your abdominal muscles are often very weak. Keep your stomach sucked in without inhaling for eight to ten counts, counting “one thousand, two thousand, three thousand ...”.

Stage 5. Relax and breathe in. Relax, breathe in and release your abdominal muscles. As you inhale, you should feel the air rushing into your lungs.

Lets summarize: exhale – inhale – exhale – hold your breath – inhale.

This breathing exercise will take time to master. When the breathing exercise will be easy, you need to move on to studying the set of exercises. From all the proposed exercises, you can choose those that are necessary.

Dizziness may occur during exercise. If the dizziness is very strong or does not stop, you must stop. Sit down and breathe evenly until the dizziness subsides. Then start over. When you first start doing Body–Flex, you may experience shortness of breath in the middle of a fifteen–minute complex. This is also completely normal. Continue exercising to develop strength and endurance, and soon you will be able to complete the whole complex without stopping.

5. Complex of gymnastics exercises “Body–flex”

1. “Leo” – body flex exercises.

This exercise trains not only the body but also the face and neck. This is very important: what is the use of the fact that your body looks twenty–five years old, if the face can be given all seventy – flabby skin, a double chin, sagging cheeks? You need to tighten your face and neck at the same time as your body. The first two body–flex exercises are dedicated to this.



Starting pose: this is a common standing position, legs 30–35 centimeters wide, hands resting palms on legs two and a half centimeters above the knees. Its like youre about to sit down. Perform a breathing exercise, hold your breath, draw in your stomach and assume a basic pose.

Main pose: designed to work on the face, cheeks, under the eyes, wrinkles around the mouth and nose. It is taken from the yogic "lion pose", but done in a slightly different way. In the yoga pose, you simply open your mouth wide, relaxing your lips – you get "the wide mouth of an old lion." We need something else, because this kind of exercise increases and deepens the wrinkles on the face. We will first collect our lips in a small circle. Now open your eyes very wide and lift them (this is how you tighten the muscles under the eyes). At the same time, lower the lip circle down (tightening your cheeks and nasal region) and stick your tongue out to the limit (this works on the area under the chin and neck) without relaxing your lips. Maintain this pose for eight counts. The pose is performed five times. Do not forget about bodyflex breathing!

Dos and Donts:

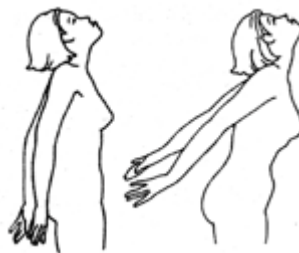
- Dont open your mouth too wide. The circle should be very small, as if you are surprised.
- When you protrude your tongue as far as possible from the low, small circle of lips, you should feel how the muscles stretch from the area under the eyes to the chin itself – when performing this exercise, you can either remain in the initial breathing position all the time, or straighten up after drawing in the abdomen. While standing, do the basic pose for eight counts, and with an exhalation return to the starting pose.

2. "Ugly grimace" – body flex exercises

The neck is the most eloquent part of the body, and it speaks of age. Some people also have problems with neck wrinkling. In addition, all people over thirty–five develop anxiety about a double chin. The area under the chin is the first to respond to exercise. Usually there is not a lot of fat there – just loose skin. So if you want to be beautiful, start with an ugly face.



Starting pose: you may be better off doing the exercise first without doing bodyflex breathing. Stand up straight with your lower teeth behind your front teeth and stick out your lips as if you are trying to someone. With your lips protruding, stretch your neck until you feel tension in it. Now lift your head and imagine that you are going to kiss the ceiling. You should feel a stretch from the tip of your chin to your sternum. Don't be surprised if your neck hurts the next morning. It's just that these muscles have never worked before. Once you have mastered the exercise (and how much it lives up to its name), combine it with the rest of the exercise.



Main pose: neck and chin in the position described above. Stand straight with your arms folded back (as if you are on a trampoline to maintain balance) and your chin is lifted to the ceiling. The soles should completely touch the floor. Do the exercise five times, holding your breath for 8 counts each time.

Dos and Donts:

- Do not close your mouth – cover your lower teeth with your upper teeth and stick out your lips like a monkey – do not stand on tiptoe when you reach the ceiling. You can not only lose balance, but also stretch the muscles too badly.
- Be sure to return to your main breathing position between reps. Catch your breath and carry on.

3. "Side stretching" – bodyflex exercises

Strengthens the muscles of the lateral surface of the trunk.



Starting pose: take the basic breathing pose – legs shoulder-width apart, knees bent, palms two and a half centimeters above the knees, buttocks in such a position as if you are about to sit down, head looking forward. Do a breathing exercise, draw in your abdomen and strike a basic pose.



Main pose: lower your left arm so that your elbow is on the bent left knee. Stretch your right leg out to the side, pulling the toe out without lifting your foot off the floor. Your weight should be on the bent left knee. Now raise your right arm and extend it over your head, above your ear, and pull it further and further to feel the muscles stretch from the side, from the waist to the armpit. The arm should remain straight and close to the head. Maintain the pose for 8 counts, take a breath. Do the exercise three times to the left, and then three times to the right.

Dos and Donts:

- Do not bend your arm at the elbow when you raise it to properly stretch. Just stretch and stretch your muscles.
- The toes of the outstretched leg must be pulled in for a really good stretch;
- Maintain the correct posture. Don't lean forward.
- If the posture is correct, you will feel a bit like a discus thrower.

4. "Pulling the leg back" – body flex exercises



Starting pose: lower yourself to the floor using your palms and knees. Now get down on your elbows. Stretch your leg straight behind you, without bending your knee, with your toes pointing down and resting on the floor. The weight should be on your elbows and arms that lie directly in front of you, palms down. Head up, looking straight ahead. Perform the entire five-stage breathing exercise: exhale, inhale, exhale forcefully, hold your breath, lower your head, draw in your stomach. With your belly drawn in, hold it in and take the basic pose.



Main pose: raise your straight leg back as high as you can, the toe still towards you. Tighten and connect your gluteus muscles. Hold the position and breath, squeeze and unclench the buttocks, perform the exercise for 8 counts. Free your breath and lower your leg. Do the exercise three times with one leg and three times with the other.

Dos and Donts:

- Do not pull on your socks during this exercise. This will change the pathway of the blood (which carries fat-burning oxygen) and direct it to the calf. Now we need to work not on the calves, but on the gluteus maximus muscles. Your socks should always be facing you.
- Keep your leg perfectly straight. Don't let your knee bend. This helps create tension in the gluteal muscles.
- Never do this bodyflex exercise if you are not using your elbows on the floor. If you do it on your hands and knees, you can injure your back.
- As with all of the following exercises, do not waste valuable time getting into the desired posture after pulling in your belly. The countdown only starts when you take the main pose. Get into basic posture faster after pulling in your belly.

5. "Seiko" – body flex exercises

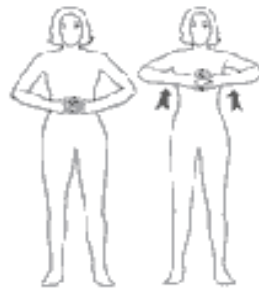
Starting pose: stand on your hands and knees and extend your straight right leg to the side, at right angles to your body. Your right foot should be on the floor. Perform a breathing exercise, hold your breath, draw in your stomach and assume a basic pose. Do not write off the main thing, do bodyflex breathing correctly.

Main pose: lift your extended leg to a level where the leg is parallel to the floor. Pull it forward towards your head. The leg should remain straight. In this exercise, the toe may be both pulled and bent – it doesn't matter. Just linger on 8 accounts. Take a breath and lower your leg, taking the starting pose on the floor. The exercise should be done three times on each side.

Dos and Donts:

- Do not bend your raised leg at the knee. This relieves tension on the inner thigh.
- Try to lift your leg as high as possible. For the first time, most people manage to lift it just 9 centimeters above the floor.
- When raising your legs, keep your arms straight. You can lean a little to the opposite side to maintain balance, but try to keep as straight as possible.

6. "Diamond" – body flex exercises



Starting pose: stand straight, feet shoulder-width apart, close your arms in a circle in front of you. Keep your elbows high, close your outstretched fingers. Round your back a little to keep your elbows up, but your hands should only touch one another with your fingers, not your palms. Perform bodyflex breathing, hold your breath, draw in your stomach and take the basic pose.

Main pose: now put your fingers together as much as possible. You will feel the muscle tension coming from both wrists throughout your arm and chest. Maintain tension for 8 counts. Now catch your breath. Repeat the exercise three times.

Dos and Donts:

- Only your fingertips should touch each other.
- Don't drop your elbows. Otherwise, the pressure will not fall on the upper arms, but only on the chest.

7. "Boat" – body flex exercises



Starting pose: sit on the floor with your legs spread out as wide as possible in the shape of an inverted V. Without lifting your heels off the ground, pull your socks towards you and point them out to the sides to further stretch your inner thighs. Place your palms on the floor behind you. Keep your arms straight and do a five-step breathing exercise. With your head bent and stomach drawn in, hold your breath and take the basic pose.



Main pose: move your hands from behind your back, bend at your waist and place your hands on the floor in front of you. Without lifting your fingers from the carpet, "walk" forward, gradually bending down, lower and lower. You will feel a stretch on the inner thighs. Hold on to 8 accounts. Exhale, place your hands behind you, and start over. Repeat the exercise three times.

Dos and Donts:

- Stretching must be careful. When leaning forward, do not make sudden movements as this could cause injury. Just stretch out. Stretch forward and stay in this position, then stretch a little more and wait again, lengthening and stretching the muscles. Stretch in a relaxed manner, do not strain.
- This exercise can be done with a table leg. Place your feet on either side of the table leg as wide as possible. In the initial position, hold on to the table leg (which should be about thirty centimeters from your chest) with both hands, and after breathing and holding your breath, pull your chest forward using the table leg and hold for 8 counts.
- If you can't feel the stretch on your inner thigh, it means your legs aren't wide enough. If you have not stretched for a long time, it will be quite difficult for you to do this. Dont be discouraged!
- Try not to bend your knees. This reduces stretching.

8. "Pretzel" – body flex exercises

Strengthening the muscles of the outer thigh, shaping the waist.



Starting pose: sit on the floor with your knees crossed. The left knee should be over the right. Keep your leg as straight and horizontal as possible below the knee. Place your left hand behind your back, and with your right hand grasp your left knee. Do a breathing exercise, hold your breath, draw in your stomach and assume a basic pose.



Main pose: the weight is on the left hand. With your right hand, pull your left knee up and towards you as close as possible, and bend your torso at the waist to the left until you can look back. You should feel the muscles on your outer thigh and waist stretch. Hold this position for eight to ten counts. Exhale and start over. Do this exercise three times with the left leg on top and three times with the right leg, with the right arm in the back, the right knee pulled up with the left arm, and you rotate to the right.

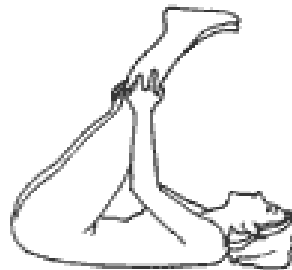
Dos and Donts:

- Pulling your knee up and forward, do this as close to your chest as possible.
- Bending at the waist, try to look as far behind you as possible. You will feel how this affects stretching.

9. "Stretching the hamstrings" – bodyflex exercises



Starting pose: lie on your back. Raise your legs perpendicular to the floor. Pull your socks towards you so that your feet are flat (if you have back problems, you can put a pillow under your buttocks). Stretch towards your legs and grab the top of each calf with your hands. Don't drop your elbows. (If you cannot reach the calves, just keep your hands behind your knees.) Without lifting your head and back off the floor, do a breathing exercise: exhale, inhale, exhale strongly, hold your breath, draw in your stomach (remember that when you are lying, in front of the head does not lower by drawing in the abdomen). With your belly drawn in, immediately take the basic pose.



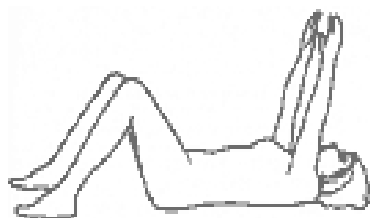
Main pose: keeping your legs straight, use your hands to gently bring them closer and closer to your head, without lifting your buttocks off the floor, to stretch the hamstrings. You will feel a stretch there that you have never felt, perhaps never, because you have never worked on this area. Hold this position for 8 counts. Exhale and return your legs to the starting position, toes towards you, arms around your calves. The exercise is performed three times.

Dos and Donts:

- Try not to bend your knees, although at first you will have no choice, because you are not as flexible as you thought. Make a straight, thin line from the feet to the buttocks as your goal. You will get better and better every day.
- Do not lift your buttocks off the floor as this will negate the benefits of the exercise. You need to stretch your hamstrings, and if you lift your glutes, the stretch will be in the wrong place;
- Always keep your head on the floor. Do not let it rise while you are counting.
- Keep your feet straight.

10. "Abdominal press" – body flex exercises

Strengthening the abdominal muscles.



Starting pose: lie on your back, straighten your legs. Now raise your legs so that your knees are bent and your feet are on the floor, at a distance of 30–35 centimeters from each other. Stretch your arms up. Do not open your head off the floor. Perform bodyflex breathing, suck in your stomach and take the basic pose.



Main pose: keeping your arms straight, stretch them up, at the same time lifting your shoulders and lifting off the floor. The head should be tilted back. Look at an imaginary point on the ceiling behind you. Try to get off the floor as much as possible. Raise your shoulders and chest as high as possible. Now lower yourself to the floor – first your lower back, then your shoulders, and then your head. As soon as the head touches the floor, immediately rise again. The head should remain tilted back. Raise your hands up. Pull up and stay in this position for 8–10 counts. Do the exercise three times.

Dos and Donts:

- In basic pose, keep your head tilted back with your chin up to avoid damaging your neck. Find a point on the ceiling behind you to look at as you pull up. So the head will take the correct position. Keeping your chin on your chest, you will deceive themselves – instead of the abdominal muscles, all the work will be performed by head and shoulders.
- Never wobble or push off. You want muscles to work, not physical laws. Imagine that you pull your arms and lower yourself again. Don't rest when you're on the floor. Let your abdominal muscles work constantly. Just lightly touch the floor with the back of your head and rise again.

11. "Scissors" – body flex exercises

Strengthens the muscles of the lower abdomen.



Starting pose: lie on the floor, stretch out and close your legs. Place your hands, palms down, under your buttocks to support your back. Keep your head on the floor, do not lift your lower back. This will help avoid back trouble. Do a breathing exercise, draw in your stomach and hold your breath. Now go into basic pose.

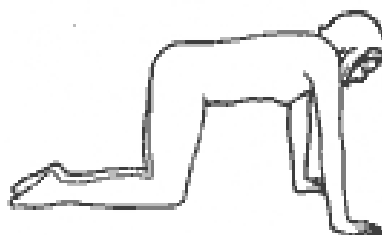


Main pose: raise your legs together 8–9 centimeters above the floor. Swing as wide as possible in the scissor style so that one leg is above or below the other. Keep your socks straight. Do this for eight to ten counts. Exhale. Repeat three times.

Dos and Donts:

- Always keep your palms under your buttocks and press your lower back to the floor to avoid injuring your back. Dont let your back arch.
- During the “scissors”, the feet should be no higher than 7–9 centimeters above the floor. This puts the most stress on the abdominals.
- Always stretch your socks to add stress to your abdominals and thighs.
- Dont look up.
- Swings should be done as wide and quickly as possible.

12. "Cat" – body flex exercises



Starting pose: get down on your palms and knees. Keep your palms flat on the floor, arms and back straight. Keep your head up and look straight ahead. Perform a breathing exercise, hold your breath, draw in your stomach and assume a basic pose.



Main pose: tilt your head. At the same time, arch your back, lifting it as high as possible to look like an angry cat. Hold this position for eight to ten counts. Exhale and relax your back. Repeat the exercise three times.

Dos and Donts:

- If done correctly, this exercise looks like one even rolling motion of the body from the abdomen to the back.

6. "Body-flex". Indications and contraindications.

INDICATIONS:

- ✓ overweight;
- ✓ premature aging;
- ✓ decreased muscle tone;
- ✓ diseases of the gastrointestinal tract;
- ✓ chronic fatigue syndrome;
- ✓ depression; neuroses,
- ✓ suppressed psycho-emotional state;
- ✓ skin diseases;
- ✓ postpartum recovery;
- ✓ tobacco smoking.

It is established: "Body-flex" weakens the state of anxiety. This is precisely the rationale for the advisability of using breathing exercises in the complex treatment and prevention of neuroses, and has an extremely positive value in the treatment of neurodermatitis, psoriasis, namely, the focus of its occurrence.

Those. we eradicate the "evil" inside us – recovering!

ADVANTAGES "Body-flex" techniques:

- ✓ faster loss of weight and centimeters in volume body you will not achieve with any other types of fitness;
- ✓ reduction of body volume does not cause "sagging" of the skin, but rather phenomenally tightens problem areas of the body, and also eliminates cellulite;
- ✓ "Body-flex" classes do not require serious energy expenditures, as, for example, in the gym, but, on the contrary, give a powerful charge of vivacity and good mood;
- ✓ the "Body-flex" technique excludes the possibility of the appearance of the "muscle pumping" effect, i.e. when breathing, fat cells are burned, and not transferred to muscle mass, and exercises, in turn, are aimed at stretching the muscles of the body (muscles become long and flat);
- ✓ this technique allows you to correct certain problem areas of the body and thereby form the desired silhouette;
- ✓ "Body-flex" exercises normalize the work of the gastrointestinal tract, improve blood circulation, strengthen the muscles of the back, thereby forming the correct posture, increase the effectiveness of resistance to diseases of the immune system, allow you to cope with stress and restore mental balance;
- ✓ there are no restrictions on age and physical condition.

CONTRAINDICATIONS to exercises "Body-flex":

- ✓ pregnancy;
- ✓ postoperative period;
- ✓ bleeding;
- ✓ epilepsy;
- ✓ glaucoma;
- ✓ hyperfunction of the thyroid gland.

Other health problems (asthma, hypertension, diseases of the gastrointestinal tract, trauma and hernia of the spine, taking hormonal drugs, etc.) are not a contraindication, but are taken into account in the learning process.

You should be comfortable during classes. In case of dizziness, pain, you need to immediately stop and take a break. For diseases associated with metabolism, the result may appear a little later (in the third – fourth week of classes). Each organism is individual, therefore, weight loss is different for everyone.

7. Conclusion

The proposed exercises are of a health-improving nature, and when performed daily will help to strengthen the muscles of the thighs, improve the mobility of the joints and the elasticity of muscles, ligaments and tendons. The value of the program lies in its simplicity and short duration.

The program uses isotonic, isometric and stretching postures for breathing exercises so that you can tighten muscles while burning fat. Isometric exercises tighten one muscle group relative to another group or a stationary object. Isotonic exercises use the body's own resistance.

It is important to remember how five-stage breathing is performed: exhale, inhale, exhale strongly, hold the breath, lower your head (if the exercises are not done lying down), draw in your stomach – and as soon as you draw in your stomach, you should immediately take the desired position, holding your breath and staying in this pose for 8–10 accounts.

"Bodyflex" can be changed, simplified, complicated. Even just by doing breathing exercises, you will become more energetic. To increase the effectiveness of the program, it can be performed 2 times a day. The first in the morning, and the second in the evening – before dinner, but on the condition that you have not eaten anything for 2 hours before.

CONTROL AND TRAINING TESTS:

1. On what principle is body–flex gymnastics based?

- a) on the aerobic principle, designed to optimize oxygen exchange in the body.
- b) on the anaerobic principle with partial hypoxia

2. The goal of Body–Flex gymnastics is:

- a) weight loss and muscle building;
- b) the development of aerobic endurance of the body;
- c) imparting healthy tone, firmness, elasticity and good shape to the muscles

3. When performing gymnastics "Body–flex" you should:

- a) inhale through the nose and exhale through the mouth;
- b) inhale through the mouth and exhale through the nose;
- c) alternate inhalation and exhalation through the nose and mouth

4. What is the best time for gymnastics "Body–flex":

- a) in the morning on a full stomach;
- b) in the morning on an empty stomach

5. How many stages of breathing "Body–flex" gymnastics:

- a) 5 stages;
- b) 7 stages;
- c) 10 stages

6. How long does it take to complete the full set of Body–Flex exercises?

- a) it takes no more than 30 minutes;
- b) it takes one hour;
- c) it takes 15 minutes.