

Cloistered and Coalesce Upshot of Yogic Practices and Orange Theory Fitness on Explosive Power among Jet Set Swimmers

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KEYWORDS

Cloistered, Coalesce, Upshot, Yogic Practices, Orange Theory Fitness, Explosive Power, Jet Set Swimmers

ABSTRACT

The purpose of the study was to find out cloistered and coalesce upshot of yogic practices and orange theory fitness on explosive power among jet set swimmers. To attain the purpose, sixty (N=60) male swimmers from various swimming academy in Thiruvananthapuram, Kerala, India were selected as subject at random. They were divided equally into three group of twenty(n=20) each namely yogic practices group, Orangetheory fitness training group and coalesce of yogic practice and Orangetheory fitness training group. The experimental group underwent their respective training for three days per week for 8 weeks duration. Leg Explosive strength only selected for this study and it was assessed through Sargent jump test. To find out the difference between pre and post test mean values Independent 't' test was followed. The results of the study showed significant differences (0.05 Level) in explosive power among the groups. The present study demonstrated that differences in explosive power, among yogic practice and Orangetheory fitness training. Coalesce of yogic practice and Orangetheory fitness training may have potential role of increasing explosive power. Coalesce of yogic practice and Orangetheory fitness training are superior than yogic practices group and Orangetheory fitness training group in explosive power.

1. Introduction

The word 'Yoga' is gotten from Sanskrit root yuj which signifies 'join' or 'join together'. This might be taken as the association of body, brain and soul, and is utilized in the writing both as an end as well as means. As an end, yoga connotes 'mix of character' at the most elevated level. As means, yoga incorporates different practices and strategies which are utilized to accomplish the advancement of such joining. These practices and methods are implying in the yogic writing and are additionally alluded on the whole as 'Yoga' (Barnes et al., 2004).

Yoga is a sound lifestyle, began in India. Presently it is accepted to be a type of science acknowledged from one side of the planet to the other. The western culture likewise is tolerating it as a sound type of logical work-out. Albeit the beginning of yoga is dark, it has a long practice. In process of things working out, different schools of yoga created. The significant schools of yoga are Jnana yoga, Bhakti yoga, Karma yoga and Raja yoga. These schools of yoga advocate specific sort of technique which incorporates various arranged practices of yoga relying upon their specific methodology. In any case, every one of these are prompting the shared objective of self-acknowledgment and coordination of body and brain (Bharshankar et al., 2003).

Yoga for a typical individual contains the acts of yama, niyama, asana, pranayama, pratyahara, kriya, mudra, bandha and contemplation which are useful to keep oneself in great shape, awake and genuinely adjusted. This at last gets ready ground for the otherworldly improvement of a person. The primary accentuation of the current yoga educational plan for school going youngsters is to foster their actual wellness, mental turn of events and profound soundness as opposed to on the otherworldly part of yoga. Stances or asanas structure a significant premise of this educational program. These have, accordingly, been given more weightage. However, other yogic exercises have additionally been remembered for the educational program (Bera, 1993).

Orangetheory is 60 minutes full body exercise, zeroed in on preparing Perseverance, Strength or potentially Power. This wellness work out is a Pulse Based Span Preparing, which consumes a greater number of calories post exercise than a customary activity. While wearing our Pulse screens, one's continuous outcomes are shown on huge screens all through the studio. Power depends on the singular Pulse zones, making the exercise compelling for all wellness levels. To finish it off, our wellness mentors to lead the exercise to keep from over or under preparing.

Orangetheory is an all-out body bunch exercise that consolidates science, training and innovation to ensure most extreme outcomes from the back to front. It's intended to charge the digestion for more caloric after consume, more outcomes, and more certainty, all to convey more life.

Orangetheory utilizes a mix of extreme cardio exercise (HIIT) and conventional cardio to assist individuals with arriving at their wellness objectives - whether that be weight reduction, strength or perseverance. HIIT is a strategy where you switch back and forth between more limited times of focused energy exercise and times of less extreme activity or recuperation, and exploration shows that HIIT exercises might be preferable over customary consistent state cardio with regards to fat misfortune. While Orangetheory utilizes HIIT ideas, the exercise additionally chips away at cardiovascular perseverance by consistently raising the pulse, which assists with generally perseverance, power and strength (Svedenhag, 1992).

2. Methodology

To attain the purpose, sixty (N=60) male swimmers from various swimming academy in Thiruvananthapuram, Kerala, India were selected as subject at random. They were divided equally into three group of twenty(n=20) each namely yogic practices group, Orangetheory fitness training group and coalesce of yogic practice and Orangetheory fitness training group. The experimental group underwent their respective training for three days per week for 8 weeks duration. Leg Explosive strength only selected for this study and it was assessed through Sargent jump test. To find out the difference between pre and posttest mean values Independent 't' test was followed.

3. Statistical Analysis

The results of the independent 't'-test on the data obtained for explosive power of the subjects in the pre-test and post-test of the experimental groups and control group have been analyzed and presented in Table-1.

Table 1: Values of Explosive Power in the Experimental groups before and after interventions

(Scores in Centimeters)

Groups	Before Interventions	After Interventions	Mean Differences	t- value
Yogic practices group	39.65 ±1.78	42.03±1.58	2.39	4.49*
Orangetheory fitness training group	39.25±1.82	42.57±1.36	3.32	6.52*
Coalesce of yogic practice and Orangetheory fitness training group	39.14±1.60	42.92±1.64	3.77	7.39*

** Significant at 0.05 level.*

The table value required for 0.05 level of significance with df 59 is 2.00.

The table -1 shows the before intervention mean on explosive power for yogic practices group, Orangetheory fitness training group and coalesce of yogic practice and Orangetheory fitness training group are 39.65 ±1.78, 39.25±1.82 & 39.14±1.60 respectively. The after-intervention mean is 42.03±1.58, 42.57±1.36 & 42.92±1.64 respectively. The before and after intervention mean difference is 2.39, 3.32 & 3.77 respectively.

The obtained dependent t-ratio values between the pre and posttest means on explosive power of yogic practices group, Orangetheory fitness training group and coalesce of yogic practice and Orangetheory fitness training group are 4.49, 6.52 and 7.39 respectively. The table value required for significant difference with df 59 at 0.05 level is 2.00. It was concluded that yogic practices group, Orangetheory fitness training group and coalesce of yogic practice and Orangetheory fitness training group had registered significant decrease in explosive power.

The mean values of experimental groups and control group on explosive power are graphically represented in the Fig.1.

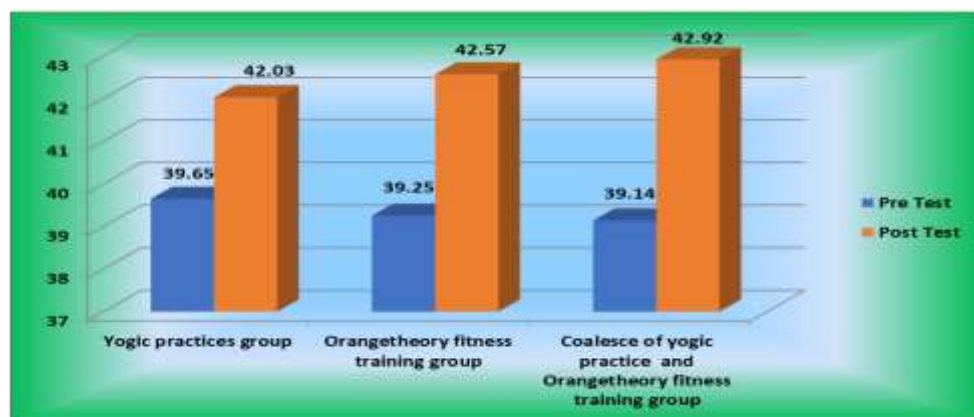


Fig.1 Bar Diagram showing the pre and posttest mean values of experimental groups and control group on explosive power

4. Conclusions

1. The present study reveals that the 8 weeks of yogic practices group, Orangetheory fitness training group and coalesce of yogic practice and Orangetheory fitness training group shown significant differences among the three groups with respect to explosive power.
2. Finally, it is also concluded that the subjects coalesce of yogic practice and Orangetheory fitness training group has shown greater improvement comparable to the subject shallow yogic practices group and Orangetheory fitness training group regard to explosive power.

5. References

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