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EXPLICIT RECOMMENDATIONS FOR HOME-BASED PHYSICAL TRAINING DURING CORONA-VIRUS PANDEMIC (COVID-19) FOR BEGINNER AND PROFESSIONAL PLAYERS

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ABSTRACT

Purpose: The novel Coronavirus disorder 2019 (COVID-19) globally affecting human behavior, especially affecting human bodily culture, forcing many people around the sphere to quarantine themselves for some time. As for the sake of protection after the out-break of Covid-19, many countries and regions take precautionary measures as they close all the schools and universities and banned all the social activities like travelling, cultural and sports events and prohibited all social gatherings. A lot of training sessions were affected due to the coronavirus pandemic (covid-19). Athletes training, cardio workout drill on a treadmill, bodyweight exercises, dance and energetic virtual reality, can resource to prevent the bodily damage and intellectual cataclysmic outcome of the pandemic and are the pragmatic hints for staying energetic while quarantining or self-isolation. This commentary offers beneficial facts on domestic-primarily based totally on bodily exercises for sedentary humans throughout the continuance, along with kids and adolescents, which could be undertaken for the duration of the prevailing pandemic or different outbreaks of infectious disorder. **Conclusion:** In this study, the researcher recommended a home-based physical activity plan for beginner and professional players.

Key Words: Coronavirus, Human, Physical Activity, Quarantine, Bodily exercise.

INTRODUCTION

Phenotypically and Genotypically diverse enormous family of virus contain one more member named coronavirus merely known as Covid-19 This epidemic originates from Wuhan, China in December 2019, and its human to human transmission widely spread as from 17th March 2020 and resulted in 144 million confirmed cases and 2.74 million death(WHO Situation reports; Zhu et al.,

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2020). The virus was confirmed to possess reached Pakistan on 26 February 2020, when two cases appeared (a student in Karachi who had just returned from Iran and another person within the Islamabad Capital Territory). On 18 March 2020, cases had been registered altogether four provinces, the two autonomous territories, and Islamabad Capital Territory, and by 17 June, each district in Pakistan had recorded a minimum of one confirmed case of COVID-19. As for sake of protection after the out-break of Covid-19, many countries and regions take precautionary measures as they close all the schools and universities and banned all the social activities like travelling, cultural and sports events and prohibited all social gatherings, for preventing the virus from spread many countries made the strategies (Parnell et al., 2020). They advised people to stay home for their betterment and appealed all their returned travelled to quarantine their selves for a two-weeks. These effective strategies made to manage those who contact with this virus. People respect the orders and official advice and mode themselves self-isolated but on the other hand, it had a negative impact as well, people spent most of their time sitting watching screens and taking rest. All these activities played a negative impact on human health.

Sleeping patterns are changed and this had a pessimistic impact on physical health and quality of life. For the improvement of people in this span of the epidemic, research has revealed specific benefits to upgrading physical activities such as better bodily and biological health and constructive well-being results in the area of psychological health and welfare (Pedersen & Saltin, 2015; Powell et al., 2011).

Therefore, researchers have designed a bodily exertion schedule intending to avoid sedentarily during the time of widespread which will be well extended from weeks to months, in the result it will lower down the pessimistic physical and biological effect of negative behaviour. Merely this article aims to focus on domestic bodily exercises application and recommendations for seated people across for continuance. It is likely to be said that, it is very difficult for the people to produce such physical activities outdoors during this period, we are experiencing these days where people are completely isolated in their homes are forced to stay at their home for the avoidance of the exchange of the most widespread. So highly advocated staying home by doing physical activity at home. Keeping in mind the home exercising mode multiple exercises can be applied including aerobic exercise-training which is defined as training that elicits a low, moderate or high cardiovascular stain and such exercising sessions can be carried on stationary bikes, ergometers and treadmills can be approved for the muscle fitness and highly used to lower the high symptoms of depression (Hammami et al., 2020). WHO recommends for children for youth

(5-17) years that 60mins of daily body exertion with moderate to hard aerobic intensity, with muscle and bone strengthening thrice weekly and for above 18 activity for 75min/week with intense aerobic exercise training or 150 min/week of moderate aerobic intensity along with muscle strengthening twice daily (WHO, 2010). This type of drill is useful for the people who live near parks, beach, mountains etc.

Bodyweight training can simply be illustrated as any exercise that involves the body as a mean of resistance to perform work against gravity (Harrison, 2010). Including example, like push-ups, pull-ups, squats, lunges, box jumps, jumping roping etc. The benefits of bodyweight training are well documented for the people and it reveals that plyometric movement and resistance movement with measured movement can improve the health and functional capacity of an untrained adult, elderly and a wide range of patients (Jönhagen et al., 2009; Pedersen & Saltin, 2015). Moreover, can be said that components of physical fitness, including strength women can be improved through 10weeks of bodyweight training.

As dance directly affects the quality of life so through dancing bodily and psychological well-being can be achieved because dance-based exercises involve whole-body movement and facial expressions. After the outbreak, UNESCO reported that 861.7 million students are out of the educational process and this pandemic is directly affecting the mental health of children and adolescence. So the motivational physical activities with play a dominant role for the young and children to stay active at home (Barnett et al., 2011). Now video gaming and some movement activities increase the amusement level. Active video gaming can change the mind of youngsters but children physical activities can be considered more valuable than video gaming because it seems more fun, safe and can promote the importance of physical activities with children (Graf et al., 2009). Those living close to a field, beach, park, yard or mountains, which can be accessed safely and in solitude can, and are recommended to, use these to carry out moderate-to-high intensity aerobic exercise.

Table 1: *Intensity categories of home-based aerobic exercise training for various target groups.*

Trained/Active			Sedentary			Patients/Elderly		
Intensity	% of HRmax	RPE (0-3)	% of HRmax	RPE (0-10)	% of HRmax	RPE (0-10)	Additional intensity clues	
Low	65 (50-80%)	2 (1-3)	60 (50-75%)	2 (1-3)	60 (50-70%)	2 (1-3)	Easy, breath is moderate	
Moderate	80 (70-90%)	4 (3-5)	75 (70-85%)	4 (3-5)	70 (65-75%)	3 (2-4)	Somewhat hard,	

	90%)	5)	85%)	5)	80%)	4)	breath quickens, talking is possible, but not singing
High	90 (85-100%)	6 (5-10)	85 (80-95%)	5 (4-8)	80 (70-90%)	5 (3-7)	Challenging, breath is deep and rapid, only a few words can be said without pausing for breath

Heart rate in the level of a maximal pulse (HRmax) and rating of apparent effort (RPE) during oxygen-consuming preparation with low, moderate and extreme focus practice for prepared/dynamic (Bangsbo et al., 2006) just as stationary people and patients/old (Garber et al., 2011). The meeting RPE 0–10 scale identifies with the accompanying power secures; 0: Rest, 2: Easy, 3: Moderate, 5: Hard, 7: Very Hard, 10: Maximal (Foster et al., 2001). If it's not too much trouble, note that the force classes are depicted as mean qualities just as reaches. HRmax can be assessed as 220 minus age (Fox et al., 1971) or 208 minus 0.7 multiplied by age (Tanaka et al., 2001).

Table 2: Examples of home-based bodyweight training exercises.

Sr. No	Exercise	Frequency Beginner Players	Frequency Professional Players	Benefits
		<ul style="list-style-type: none"> ▪ Active dynamic warm-up ▪ High-knee Skips – Butt Kicks – High Kicks-Squat Jacks– Lateral Shuffles 		
1	Bodyweight squats	1–2 sets of 12 reps	2–3 sets of 20 reps	Lower-body strength and power- Functional outcomes
2	Push-ups	1–2 sets of 12 reps	2–3 sets of 20 reps	Upper-body strength and endurance
3	lunges	1–2 sets of 5 reps	2–3 sets of 10 reps	Hamstring strength and running speed
4	Planks	1–2 sets of 20 sec	2–3 sets of 40 sec	Body posture, upper- and lower-body isometric strength
5	Jumping jacks	1–2 sets of 12 reps	2–3 sets of 20 reps	Endurance and core strength
6	Sit-ups	1–2 sets of 12 reps	2–3 sets of 20 reps	Abdominal and core strength
7	Lateral Leg	1–2 sets of 12	2–3 sets of 20	Lower body & abdominal

	Raises	reps	reps	strength
8	Marching Glute Bridge	1–2 sets of 12	2–3 sets of 20	abdominal strength
9	Spider-Man Mountain Climbers	1–2 sets of 12	2–3 sets of 20	Lower body& abdominal strength
10	Froggers	1–2 sets of 12	2–3 sets of 20	Whole Body Strength
11	Lateral Plank Walks	1–2 sets of 20	2–3 sets of 40	Upper + Whole Body Strength
12	Burpees	1–2 sets of 12	2–3 sets of 20	Upper + Whole Body Strength
13	Plank Hops	1–2 sets of 20	2–3 sets of 40	Whole Body Strength
14	V- Ups	1–2 sets of 20	2–3 sets of 40	Abdominal & Whole Body Strength
15	Roping	1–2 sets of 20	2–3 sets of 40	Whole Body Strength
		sec	sec	
	▪ Cool-down			
	▪ Static stretching and flexibility exercises			
	▪ Reps = Repetitions. Sec= Second			

Note: Rest between each set 5mints for beginner and 3mint for professional players.

In Table.2 the researchers recommend most exercises of physical activities. These exercises are most important for general human and professional sports players. Firstly the researcher suggested a warm-up session. The researcher also suggested fifteen different exercises for the general human and professional sports players. In the end, the researcher suggested a cool-down session and Static stretching and flexibility exercises.

CONCLUSION

As many countries have now implemented the lockdown for which people are isolated in their houses and only go out in the event of an emergency. This decision is directly affecting people bodily and psychological well-being, especially those who have the routine of doing daily physical exercises. Staying at home getting many people to stress, anxiety and mental diseases. As we all know the significance of psychological health in human life. We all need to make our immune system strong to fight the pandemic. The finest way to overcome the problem is to replace out-door activities with home-based activities to stay healthy by practicing easy and uncomplicated movement at home. With all this physical execution proper diet cannot be underrated. Proper diet is needed to make the immune system stronger along with the physical work.

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