

English
(<https://www.femina.in>)

বাংলা

தமிழ்



[Home \(https://www.femina.in\)](https://www.femina.in) » [Wellness \(https://www.femina.in/wellness\)](https://www.femina.in/wellness)

» [Fitness \(https://www.femina.in/wellness/fitness\)](https://www.femina.in/wellness/fitness) » [Group Exercises: Benefits And Different Forms](#)

Group Exercises: Benefits And Different Forms

by [Femina \(https://www.femina.in/author/femina\)](https://www.femina.in/author/femina) | April 1, 2021, 12:50 IST



While some people like to work out alone, some people like to work out in a group. Those that work out alone, find it a good way to relax after a long day at work and prefer doing their workout at their own pace. On the other hand, for those that like working out in a group they get better results when they have other people around them. Group training is conducted in gyms varying with different types of classes like aerobics, dance, Zumba, kick-boxing, spin cycling etc.





Image: Shutterstock

Benefits Of Group Workouts

They are great community builders, allowing you to make more friends and socialise. You become more regular with your workouts because you know that other members of your group are already there and when you are regular, you get results faster. You work through the entire session so you spend more time in the gym. When you see others working out you feel motivated to work out too plus you try to get fitter looking at others in the group. You tend to compete with others, eliminating boredom in your workouts.

The biggest benefit is that it lowers stress levels especially in people that have high blood pressure, cardiovascular disease or mental health problems. Plus, if you're overweight and are trying to lose weight, high stress levels could be preventing you from successfully doing so. Stress releases cortisol, which is a hormone that regulates multiple responses throughout the body, including your metabolism and immune response.





Image: Shutterstock

Inclusive Fitness For All

In a group class, there are various participants that may have different fitness levels. Here the instructors have to identify these people and give them that special attention so that they too can feel part of the class and be able to perform with the rest of the class. The instructor will need to design the programs keeping in mind the safety of these members with medical conditions.

It is a way of making fitness accessible to all. So, if a class is a high impact and you have a person that has a problem with his knees, you will need to make adjustments in the workouts so that this member can complete the movement. The idea is to create an inclusive welcoming environment that welcomes people with all types of medical conditions.

Another way is to have a set of instructors during a class, one that performs high-intensity movements and another who does the low-intensity version of the same steps. Also, when doing body toning exercises, one can show various modifications of the same exercise, explaining a move then adding intensity if required. The instructor has to keep a careful eye on all participants to ensure they are performing in their range and will need to ask a person to slow down if they cannot cope up.



FEMINA

English
(<https://www.femina.in>)

বাংলা

தமிழ்



Image: Shutterstock

Targeted Goal-Oriented Group Training

This type of training involves incorporating exercises that target a specific goal. It can be done by an individual person who has a specific goal in mind or a group of people with similar goals. Say, there is a group of people that want to target their abs. Then the class will have different exercises to target the abs muscles.

Or if you have a group of elderly people, then it is found that the muscles are very stiff. Then their training will involve training them on movements that are used in their daily life like walking or climbing stairs. The trainer will work out functional training moves that will strengthen these body parts like hamstrings, glutes and calves.

Differentiated Goal-Oriented Group Training

Contrary to the group with similar goals, if we have a group of people with varied goals, but want to work out at the same time, in a combined class the exercises will need to be designed in a manner so as to give individual persons different sets of exercises. To start with you will need to spread out the people with enough space for them to move. Then you give them an exercise program that will be suited to their goals.

Also read: HIIT: Myths And Facts Explained (<https://www.femina.in/wellness/fitness/hiit-myths-and-facts-explained-190003.html>)

Subscribe to our YouTube channel

YouTube 220K



Like 2.9M