

Aerobic Exercise To Enhance Your Bowling

For years aerobic exercise has been classified as an endurance-training device. A runner's best friend, a training protocol for triathletes, or a great way to get into shape. All of which are true, but **do bowlers then need to perform aerobic exercise?** Some may try to hypothesize a bowler's need for aerobic exercise is never present. In a sense, this may seem ideally correct, but realistically untrue. Why you ask? Good question. Let us wade through the aerobic experience exploring a training wonder that will bring spice into your life and add pep to your game.

Why aerobically exercise? I hear that question often and generally respond "**why not?**" Well, the issue is actually imbedded in the deeper question "why exercise?" This is a big question with many implications and correlations resting on research, science, physiology, psychology and other related fields of study. I'd rather not spend this time diverting our ink to the why's and wonders of exercise. Just have a little faith and believe **BTM** will steer us in the right direction and down the correct alley.

What Is Aerobic Exercise?

Aerobic exercise is one of the least difficult, yet most misunderstood forms of exercise. It requires little technique. No specific movements or precise lifts of resistance requiring proficiency. Compared with other forms of exercise, aerobic is repetitive in nature with duration and intensity as the main components.

Duration refers to the amount of time on-task committed to the exercise.

Intensity is the amount of effort put forward by the exerciser.

It's really quite simple. One movement . . . little thought . . . only time and effort are required.

Aerobic exercise enhances bowling by prolonging optimal performance delaying the onset of fatigue. Fatigue, aaaaaahhhhhh a bowler's worst nightmare. During activity, any activity, our bodies' energy level diminishes leading to the onset of fatigue. You see, fatigue is really the body lacking energy to fuel its various systems (cardiovascular, musculoskeletal, endocrine, reproductive, etc. ...) Bowling requires 3.5 times more energy than normal daily activity. By using this stored energy and not reproducing it fast enough, the early onset of fatigue is unavoidable. Simultaneously, muscular and other physiological capabilities depreciate forcing performance levels to slip often unrecognizably.

Fatigue is not usually considered when one thinks of bowlers. Endurance and power athletes yes but bowlers - who would have known? Actually, fatigue affects athletes in every sport. **It may be unbeknownst to the athlete, but during activity energy levels are depleted and some form of fatigue develops, whether recognizable or not.** So, we should acknowledge this factor and promote our understanding and desire toward increased aerobic training. Why? Because it is a powerful tool you can use to delaying the onset of fatigue while bowling, ultimately prolonging your optimal performance.

Aerobic exercise is ideal training for bowlers. It is again, easy to do, requires little technique, and compared with other exercise is repetitive with only duration and intensity as its main components. **The hardest part about doing aerobic exercise is choosing your favorite form of aerobic activity and motivating yourself to do it.** From there, it is a piece of cheesecake. My favorite.

So, choose your weapon. Ideally, consideration should be given to both enjoyment and accessibility. Fulfilling both enables greater facilitation of motivation toward exercise. Personally I prefer the stationary upright or recumbent cycles. Other worthy options include:

**Stair Steppers Treadmills Slide Machines Ski Machines
VersaClimbers WindRacers Rowers Upper Arm Ergometers
Swimming Running Speed Walking Power Walking Aerobic
Classes Biking Roller Blading Rope Skipping Jogging
Aquaerobics Hill Climbing Cross Country Skiing**

Once the choice has been made, we can then create your personal aerobic training protocol. The only two things considered are duration and intensity. **Duration** is simple. Aerobic exercise is most beneficial when completed beyond the 15-minute mark. **Current literature and exercise standards recommend performing aerobic training initially for 15 minutes while slowly increasing the duration over time as the body adapts.** I suggest five minute incremental

increases every other week subtly extending the training regimen until a comfortable 45-60 minute maximum is reached. This may take anywhere from six months to a year when done in the appropriate manner.

Intensity, differing from duration is the other key component to aerobic training and fitness. Intensity is effort put forward by the exerciser. Many exercisers tend to ease intensity upon reaching certain comfort thresholds. The intensity of the routine is the real aerobic training portion of the exercise. Push yourself.

Exercise intensity is measured in several ways and you can manually monitor it using the heart rate. Heart rate levels can be set and monitored to detect specific exercise intensity and aerobic training. **The American College of Sports Medicine (ACSM) for years has maintained a target training level at 70% of the maximum heart rate.** This training range provides the sought after aerobic training effect. I concur with ACSM and suggest setting a ranged goal at 65% - 80% of your maximum heart rate. This range provides some training variance if you want to push yourself even more so.

When determining the entire process, first start with this easy formula. Calculate the maximum heart rate by subtracting your age from 220. Then multiply the remainder by the target training percentage (65% - 80%).

Example: $220 - 28 = 192$ bpm (beats per minute)

$192 * 65\% = 129$ bpm (beats per minute)

$192 * 80\% = 158$ bpm (beats per minute)

Target Aerobic Training Range 129 - 158 bpm (beats per minute)

Once the training range has been devised, the intensity is now set. When aerobicising, monitor the heart rate using the pulse rate or a heart rate monitor and maintain intensity throughout the desired duration. Remember, the heart rate is your built-in intensity monitor.

Finally, we must also consider frequency of exercise. Frequency of exercise is basically the number of exercise sessions per week and the rest periods between each session. **I, along with most of the world's fitness experts strongly suggest alternating exercise bouts at least three times a week.** Providing rest periods between exercise allows the various bodily systems to recuperate restoring energy. **If rest and recuperation are not allocated, your body will not recuperate effectively and efficiently inviting greater risk of injury.** Three alternate days of aerobic training provides sufficient physiological adaptations and still gives us the time to relax and recoup.

Let us review the aforementioned material and begin aerobically training to delay fatigue and enhance our bowling. **First**, choose your weapon. An aerobic activity that is both enjoyable and accessible. **Second**, determine the exercise duration beginning with 15 minutes and increasing five minutes every other week of consistent training. **Third**, calculate your training range using the simple formula provided. **Last**, decide which altering days are convenient for you to exercise allowing for rest and recovery.

Aerobic exercise is not difficult and can be fun if done in the appropriate manner. Exercise within your limits and do not attempt to imitate others. Always consult your doctor or medical provider before beginning this or any other exercise program.

Enjoy.