



**SHANGHAI UNIVERSITY SPORTS RESEARCH CENTER
COLLEGE OF PHYSICAL EDUCATION**

**HEART-HEALTHY CARDIO EXERCISE FOR “ VARZESH-E-PAHLEVANI
(PAHLEVANI WRESTLING)**

As an athlete and a Zurkhaneh Pahlevan you need to understand that you are not alone in considering that heart-health is a matter of extreme importance as it is the vital organ of your body that keeps you going about in life...

how you can have a healthy heart ?

the most important thing that you need to understand about heart health is that exercise in moderation and under supervision is always good for your increased heart health.. there are two essential types of cardio exercise that you can consider, depending on the current condition of your heart functionality.

these are high and low intensity exercises that work to burn off body fat, which can be harmful for the efficient functioning of the heart and even cause the arteries to clog up with excess fat leading to serious complications and much discomfort, pain and expenses that can well be avoided simply by healthy levels of cardio exercise.

during zurkhaneh cardio exercise training the course of the body enduring an intensive workout, the benefits for the human system are many : it works on the principle of the body burning stored glycogen, a type of carbohydrate that is present in the liver and muscles for energy . However, during low intensity workouts, the body burns fat.

Cardio exercise Advice for zurkhaneh sports and pahlevani athletes :

many zurkhaneh athletes do some form of cardio exercise, some get results and some don't. but, here some guidelines for heart-healthy exercise :

- * it must be sustained for at least 20 minutes.
- * never use lack of time as an excuse to avoid zurkhaneh group cardio exercise training.
- * make a cardio exercise as your priority workout.
- * wear appropriate footwear with good arch support.
- * increase your group cardio fitness class.

the following count as cardio exercise : brisk walking on level course, slow walking up hills, jogging, zurkhaneh group cardio workout, cycling, swimming...

zurkhaneh athletes, it's okay to be out of breath. the human body was designed to exert itself. So, if conversation is difficult, then you are training hard enough to spark improvement in health and fitness, which includes fat loss.

if you are new to cardio exercise , you may want to go at a lighter exertion, but again, pay attention to how your body feels. if you feel sick or ill in some way, cease the activity and drink water. the ill feeling is almost always caused by insufficient nutrition preceding the workout, plus inadequate water intake. if you feel like a muscle pull or strain is imminent, stop the activity and rest for a few days.

you must get your heart rate up. cardio exercise should force you to breathe harder. you must impose a demand on your body that forces its cardio respiratory system to adapt. when the body is forced to adapt , it requires more energy than usual. it will get some of this energy from stored body fat. A body that's forced to adapt will become more fit and resilient .

KHASHAYAR SARRAFI
SHANGHAI UNIVERSITY SPORTS RESEARCH CENTER
DIRECTOR OF ANCIENT ZURKHANEH SPORTS AND
PSYCHOLOGY OF MOVEMENT IN PAHLEVANI WRESTLING
COLLEGE OF PHYSICAL EDUCATION
HOUSE OF STRENGTH HEAD COACH