

THE DEVELOPMENT OF STREET WORKOUT SPORT IN UZBEKISTAN**Khakimjonov Mavlonbek**

ADPI, teacher of the department of physical culture.

Rasulov Rukhshodbek

ADPI, physical culture specialty,

1st-stage master's student in the theory and methodology of
physical education and sports training.**Annotation:** the article describe the development of street workout sport in Uzbekistan.**Keywords:** Street Workout, calisthenics, outdoor fitness, physical activity, sports development, Uzbekistan, urban sports, youth engagement, fitness culture, training infrastructure**INTRODUCTION**

Street Workout (SW) is a form of physical activity that combines calisthenics, gymnastics, and functional training, typically performed in outdoor public spaces such as parks. Over the past decade, SW has gained global popularity due to its accessibility, minimal equipment requirements, and focus on bodyweight exercises.

In Uzbekistan, outdoor physical activity has been a part of cultural life for decades, but SW as a formal sport is relatively new. The growth of urban areas, increased health awareness among youth, and the influence of social media platforms have accelerated the development of SW communities in major cities like Tashkent, Samarkand, and Bukhara.

The purpose of this study is to examine the current state of Street Workout in Uzbekistan, evaluate participation trends, identify challenges, and propose strategies for sustainable growth. This research contributes to the limited literature on urban sports development in Central Asia.

Literature Review

Globally, SW has emerged as a popular urban sport. Studies in Europe and North America show that SW increases physical strength, endurance, and social cohesion among youth. Social media plays a critical role in community formation, sharing tutorials, and motivating participation.

In Central Asia, including Uzbekistan, research on SW is sparse. Traditional sports like football, wrestling, and martial arts dominate, while SW has only recently gained attention. Urban youth are increasingly drawn to SW for its accessibility, low cost, and social aspects.

Calisthenics, a core component of SW, is scientifically proven to improve cardiovascular health, muscular strength, flexibility, and mental well-being. Integrating SW into community sports infrastructure can enhance public health and engage youth in structured physical activity.

Methods Study Design This study used a mixed-methods approach, combining quantitative surveys with qualitative interviews.

Participants

A total of 250 participants aged 14–35 were recruited from urban centers (Tashkent, Samarkand, Bukhara) and regional cities. Participants included beginners, intermediate, and professional athletes, representing both genders.

Data Collection

Quantitative: Structured questionnaires assessed training frequency, duration, motivation, access to facilities, and social media influence.

Qualitative: Semi-structured interviews with 20 professional trainers and community leaders explored challenges, achievements, and strategies for SW development.

Data Analysis

Quantitative data were analyzed using descriptive statistics (percentages, means) and inferential tests (ANOVA, t-tests).

Qualitative data were coded thematically to extract recurring patterns related to SW infrastructure, motivation, and barriers.

Results

Demographics

Age: 55% aged 18–25, 25% aged 26–30, 20% aged 14–17.

Gender: 70% male, 30% female.

Experience: 40% beginners, 35% intermediate, 25% professional athletes.

Training Frequency and Motivation

60% train 3–5 times per week, 25% train 1–2 times per week, and 15% train occasionally.

Motivations: fitness improvement (45%), social interaction (30%), competitive achievement (25%).

Table 1: Training Frequency of Participants

| Frequency | Number of Participants | Percentage |
|----------------|------------------------|------------|
| 1–2 times/week | 62 | 25% |
| 3–5 times/week | 150 | 60% |
| Occasionally | 38 | 15% |

Infrastructure and Facilities

Urban areas such as Tashkent have public SW parks, equipped with bars and workout stations.

Regional cities often lack standardized facilities; athletes use informal setups (schoolyards, playgrounds).

Only 20% of participants have access to professional guidance from certified trainers.

Challenges Limited access to standardized SW parks in smaller cities.

Low awareness among parents and local authorities.

Insufficient certified trainers.

Cultural preference for traditional sports over newer urban sports.

Strategies for Development Establish nationwide SW federations and official competitions.

Integrate SW programs into schools and universities.

Collaborate with municipalities to create safe outdoor training zones.

Develop online platforms for tutorials and community networking.

Discussion Street Workout in Uzbekistan shows a rapid growth trend, especially among urban youth. Its advantages—low cost, accessibility, social appeal—make it attractive. However, infrastructure and cultural perceptions remain barriers in regional areas.

Integrating SW into educational curricula and community programs can improve youth engagement, health, and social cohesion. Official federations, competitions, and certifications would enhance public recognition and sponsor interest.

Comparing Uzbekistan with other countries, SW development relies heavily on social media influence, urbanization, and youth culture. Central Asian countries face similar challenges, including limited facilities and traditional sports dominance.

CONCLUSION

Street Workout is evolving from a recreational activity to a recognized urban sport in Uzbekistan. Key factors for successful development include:

Expanding standardized outdoor facilities.

Increasing public awareness and educational programs.

Establishing federations, competitions, and certified coaching.

Leveraging social media to engage youth.

Future research should focus on longitudinal effects of SW on physical and mental health, and comparative studies with neighboring countries to identify best practices.

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