

Special exercises using the strength training balanced rate according to some kinematic variables and their impact in the muscular balance and pull young weightlifters

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Abstract

Through the results of note the obvious development in search of kinematic variables reduce the differences between the two sides of the gravity of the land rises from the first stage to the end of the advancement of installation, the researchers attribute this development to the precise diagnosis by imaging and analysis of the performance of skilled and appropriate exercises As mentioned that the kinesthetic analysis performance study of skilled care for the athlete and give the proper analysis of each part of the skill in the form in which the coach helps diagnose errors and develop appropriate solutions" if that change in reducing differences in weight gains of the two sides to exercise used on the device and the active role of this ratio by making it harder for performance on the device that makes weightlifter makes a major effort to cut the balance to overcome external defenses and how to The division of effort on both sides of the body and this was confirmed by the to keep the muscles in the case of true balance with increasing force and increasing the range of muscles and joints activist is the first requirement for the development of the vulnerability of the development of the balance.

Key words: exercise, strength training, balanced rate, kinematic variables, muscle, weightlifters

Introduction

The effectiveness of the weightlifting of events practically great interest of their privacy in the performance which is dominated by the nature of the challenge, each weightlifter raises times weight (Rippetoe, 2007)"it is possible for some weightlifters to raise double of their weights for this sport the shape of challenge and masculinity which charged the trainers and researchers to work seriously in the development of muscular strength, taking into account the influence of both sides of the body kinesthetic route to avoid excessive effort on the part of the development of muscle balance by another (Jim, 2017)

Literature review

The difficulty of this sport comes from many aspects, for example, continuous and systematic work to maintain a balance as possible during the performance" this requires the study of the human body accurately because it is isometric angles and features of the uprated chassis cannot be examined without the indivisibility and this was confirmed by the (Tittel, 2003)"the body non-isometric of course configured member measurements and angles in different regions and

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jobs" so researchers resort to study the third part vertical that cuts across the human body to the right and left to diagnose differences in muscular strength on both sides of the body and to reduce the development of muscular strength including ensure an increase in the level of completion of the snatch and reminds (Schünke, 2018) that "the human body is divided into Three parts of a cross section that cuts the human body from the center top, bottom part and the coronary syllable , cut the human body into two parts, Part I and part rear vertical syllable that cuts the human body into two parts, part left and right", therefore it has become incumbent on those interested in effective ways to hint at this modern training ensure the development of muscular strength and achievement young weightlifters with taking into account the parts of the body in general and the part to be training in particular. (Forman, 2014) confirms that "it is impossible to develop different qualities, foremost of muscular strength to practitioners of the sport, will work on the development of achievement" , the researchers considered the work to modify a training device is working to develop muscle balance and reduce disparities in the muscular strength on both sides of the body as well as the development of muscular strength and achievement through the recruitment of additional muscles to overcome the opponents faced by the weightlifter and balance, giving the ability to weightlifter high muscular contractions contribute effectively to increasing muscular strength (Froböse, 2003) and therefore, the performance of lifts in a short manner was an important factor in recruiting the largest number of fibers contributing to muscular work, and the problem of research lies in the ratio of differences in muscle strength on both sides of the body and its negative effects affecting the muscle strength and achievement of the quadrants, especially in the lifting of the weightlifting.

Methodology

1. *The method and tools:* use researchers experimental approach of the research problem and to ensure the effectiveness of the exercise used, the researchers used the method of the Pilot Group of conference, the researchers chose intentional community search the way clubs ramifications of Mideast Quartet Baghdad the sample were chosen randomly search through the stimulation of the secretariat the secretariat of sports club in Baghdad numbered (5) Strongmen, and identified research tests are compatible with kinematic technology and physical variables and achievement are as follows: Test Front. Test the explosive power of the two men. Test Press front. Test completion of kidnapping
2. *Tribal test:* Researchers tribal tests on Saturday with the assistance of the Secretariat, the assistant sports club hall at 4:00 pm It was to test the completion of the first kidnapping with filmed from forward to extract the variables according to the phases of a kinematic technology performance. First-movement of the knees. The second-full extension-falling under the weight. The installation in the squat - the advancement of installation) beyond the Front test and test the explosive power of the two men in front and test performance test press kidnapping.
3. *The work of the device test:* Be working on your balanced force to train lifters through making it harder for performance more than the normal mode when the performance of the various exercises of the effectiveness of the mastery of weightlifting, through the installed base is concerned have work to increase the difficulty of training to maintain his composure; as well as training on the device makes more weightlifter in preparation for muscular strength, because the device works on the recruitment of additional muscles balance more note that the old device that can carry heavy weight weightlifter because of the speed of the nervous system and rapid up and down therefore obliged to reduce resistors weightlifter focus on balance.
4. *Modification of the device:* In addition springs four working to reduce the movement of the device up and down which can carry greater weight weightlifter overcome opponents consequently higher develop muscular strength and achievement of the weightlifter more than the previous device.
5. *Exercises used in the research:* The researchers adopted a set of exercises that can be performed on the device with the strength (8) exercises (front dabani- back dabni - dead left - pre-press front - pull iron triangle - kidnapping constant - b-press - kidnapping sitting) divided into three training units per week within the vocabulary of the trainer's curriculum and the emphasis specified in the training unit, where the quarter in each training unit leads three exercises added to exercises during which the researchers aim to mix physical exercises and performance exercises as well as the trainer as well as the training performance exercises. Muscle balance exercises designed by the researchers in order to bring the quadrants to an advanced level through which to develop strength and muscle balance and achievement Exercise used to search: Use the researcher training.04.2002 and high intensity by two summits during the training exercise for research as it was the first week (60%) of the possible athlete to reach the intensity (80%)

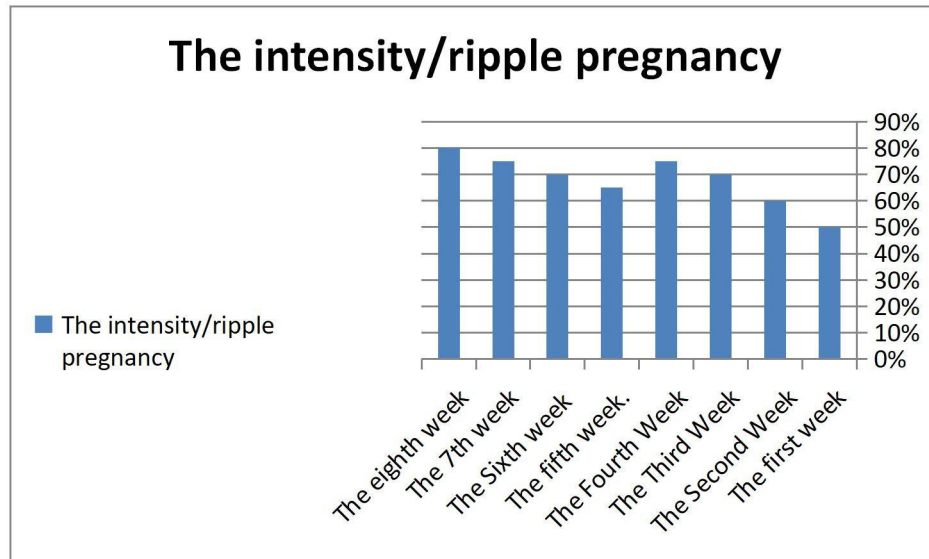


Figure (1) Ripple shows during pregnancy, 8 weeks duration of the exercise results Results

Table (1)

Show the results of the calculation of standard deviations of the Pilot Group Conference in gains

variables	unit of measurement	Tribal Test				Dimensional Test			
		right side		left side		right side		left side	
		Q	P	Q	P	Q	P	Q	P
First drafting	Cm	37.688	1.782	34.942	36.662	37.080	135	2.229	2.194
movement of knees	Cm	60,000	6.508	54.064	7,200 RPM	59.344	6.743	58.582	7.095
Second drafting	Cm	76.807	7.264	69.885	4.986	76.205	7.456	75.225	7.569
Full extension	Cm	120.920	14.020	112.688	13.082	120.398	15.340	118.822	15.624
Falling under the weight	Cm	132.692	6.356	127.596	4.798	134.214	7.483	132.726	7.647
Installation in the squat	Cm	144.022	21.057	136.462	22.882	143.112	20.283	141.492	20.514
advancement of installation	Cm	185.126	12.775	177.194	12.818	183.258	12.793	181.890	13.836

Table (2)

Shows the differences in the rise of the bar on the ground from both sides

variables	unit of measurement	Tribal Test		Dimensional Test	
		Q	P	Q	P
First drafting	Cm	2.746	1.012	Views 636 Popularity 0.431	0.354
movement of knees	Cm	5.936	1.551	0.509	0.459
second drafting	Cm	6.922	2.443	0.980	1.068
Full extension	Cm	8.232	Hit 2.168	\$1.576	0.603
Falling under the weight	Cm	7.614	2.737	\$1.628	1.498
Installation in the squat	Cm	7.560	2.283	1.620	0.583
advancement of installation	Cm	6.314	0.386	0.909	0.909

Table (3)

They were highly mobilized teams calculation shows the normative value of (t) calculated the significance of the differences between the results of the conference in the Pilot Group, those are the three points

variables	unit of measurement	P	P-3	value of (T) Calculated	level of Mistake	significance of differences
First drafting	Cm	2,328	0.334	6.092	0.004	Significant
movement of knees	Cm	5.318	1.632	7.248	0.002	Significant
second drafting	Cm	5.942	2.539	4.681	0.018	Significant
Full extension	Cm	6.656	2.181	6.822	0.002	Significant
Falling under the weight	Cm	5.986	2.797	4.784	0.009	Significant
Installation in the squat	Cm	5.940	2.016	5.891	0.010	Significant
advancement of installation	Cm	6.296	0.334	16.189	0.000	Significant

Table (4)

They were highly mobilized teams shows the calculation of the Pilot Group normative conference physical variables

variables	unit of measurement	Tribal Test		Dimensional Test	
		Q	P	Q	P
Test the Front bone	Kg	105	0.725	127.400	2.302
Test the explosive power of the two men	Cm	227	4.472	246.400	7.893
Test press in front of	Kg	53.400	2.701	66.400	3.049
Test the completion of kidnapping	Kg	103.800	3.033	118.400	5.029

Table (5)

The mathematical community teams shows the standard deviations (t) calculated value and significance of the differences between the results of the conference in the Pilot Group, those are the three points

variables	unit of measurement	P	P-3	value of (T) Calculated	level of Mistake	significance of differences
Test the Front muscle	Kg	22.400	2.509	19.956	0.000	Significant
Test the explosive power of the two men	Cm	19.400	3.781	11.471	0.000	Significant
Test press in front of	Kg	13	0.725	41.110	0.000	Significant
Test the completion of kidnapping	Kg	14.600	2.073	15.744	0.000	Significant

Conclusions

Through the results of note the obvious development in search of kinematic variables reduce the differences between the two sides of the gravity of the land rises from the first stage to the end of the advancement of installation, the researchers attribute this development to the precise diagnosis by imaging and analysis of the performance of skilled and appropriate exercises As mentioned (Marawan, 2019) that the kinesthetic analysis performance study of skilled care for the athlete and give the proper analysis of each part of the skill in the form in which the coach helps diagnose errors and develop appropriate solutions" if that change in reducing differences in weight gains of the two sides to exercise used on the device and the active role of this ratio by making it harder for performance on the device that makes weightlifter makes a major effort to cut the balance to overcome external defenses and how to The division of effort on both sides of the body and this was confirmed by the (Abdel Aziz, 1997) to keep the muscles in the case of true balance with increasing force and increasing the range of muscles and joints activist is the first requirement for the development of the vulnerability of the development of the balance" as well as the circumstances of the training offered by the device during the exercise enabled the weightlifter of the possibility to overcome the imbalance that sometimes appears during the activist from the first track to the end of the stature should therefore focus on the organization of the exercise and compatible with the goal and this was confirmed by the (Stone, 1999) that appropriate training is the appropriate sequence which produces superior results, not just the amount of work or number of occurrences performed) so the researchers believe that the research sample training on this device for several months with the commitment of other regular exercises This is what confirmed by (Fisher, 2011) that usually increase the weight when you reach the required number of redundancy and changing the training program every few months this training benefit future weightlifter in the exercises when it comes out of the center of gravity of the weight if forced to take a step forward or backward to reduce the balance due to the exit of the bar. As we see also that there is a moral difference between tribal test in the conference for the dimensional physical variables that demonstrates the effectiveness of the exercise, which was applied to the device, the modern type of training, which includes the combination of muscular strength training and balance, which led to the creation of conditions that are difficult performance compatible with efficiency in order to overcome the largest possible resistance and increase charged weightlifter reminds (Susan, 1995) Sports if he wanted to increase the amount of pay can through an increase in the force and reduce the time of performance either (Benito, 2020) commonly used weight training to increase strength and muscle even in improving health , as the selection of appropriate exercises with the goal to contribute to the subject as possible Effectively with the development level that is consistent with what was said. (Krzysztofik, 2019) Training programs include the selection of exercises and groups and redundancy. The most advanced software provides details of the duration of the redundancy and comfort and may include advanced technologies, as well as the usefulness of the privacy of the device lies in making weight lighter works high balance during the performance of exercise this confirms the response of the sample, the SADC Organ High repeat this exercise makes the performance, power, and in the development of this is (Dankel, 2017) exercise can be positive results and that the increase in the pace of training is another option has been proposed to be useful through the work more evenly or adjacent on both sides of the body which made a high performance was smooth either the recruitment of both sides of the body muscles more effectively, leading to positive results to the level of physical variables and achievement this was confirmed by most experts, including (Campos, 2020) that most of the research on that lifting weights and lead to greater gains in muscular strength.

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