



RESEARCH ARTICLE

THE EFFECT OF DROPSET TO IMPROVE PHYSICAL VARIABLES AND DIGITAL LEVEL OF WEIGHT LIFTING PLAYERS

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ARTICLE INFO

Article History:

Received 20th August, 2019
Received in revised form
27th September, 2019
Accepted 19th October, 2019
Published online 30th November, 2019

Keywords:

Dropset
Physical Variables, Digital Level.

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ABSTRACT

Background: Using drop set activities is one of the most important phenomena in order to develop some physical variables and increase strength level for athletes as it enhances muscle growth. **Aim:** Design a program using Drop set training to identify its effect on some physical variables and digital level for weight lifting players. **Methods:** Experimental study on 7 weightlifting players from Minia university Team. **Results:** Increased physical variables, digital level, carrying performance and maximum strength for weight lifting players post applying the program. **Conclusion:** Improve physical variables and digital level. Better physical performance with high rates, increased muscle strength by using dropset training.

INTRODUCTION

Strength muscle in general helps to improve state of mind and physical, increase self-confidence and Skill Performance. (LeeIngle, 2006). Carrying strength is one of the most important physical characteristics and there is positive correlation between carrying strength and the maximum force 40% in weight lifting sport, its significance is to improve the performance of the major lifts, this requires repetition with medium term, and preserve on the preparedness of the athlete in an effective way to compete in the championship, that can be reached in two hours that lead him to perform lifts between trails, especially the high level athlete (Tomas and Roger, 2000).

MATERIALS AND METHODS

Subjects: Dropset training program was applied to 7 male weight lifting players from Minia University team for an interval of 12 weeks in the interval from 25/9/2018 to 20/12/2018 in Minia university club Egypt, 5 training units per week Unit time 90 minutes, Pre and post measurement were used for one experimental group.

Sample Selection condition: The desire of weight lifting players and their willingness to participate in the implementation of the research experiment, the training age

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should not be less than (5) years, that the weight lifting player holds at least the third place in the republic.

Instrumentation: weight lifting Barr, wooden base and various weights.

Procedures: Each player does Snatch, clean and Jerk lifts and at the last unit he repeats each lift two times then he reduces the weights 15% rates and he repeats the lifts 4 times then reducing the weights for the last time 10% rate and he repeats the lifts 6 times.

Statistics

Independent Variable: Drop set training program, perform maximum number of lifts with reducing weights gradually. Sports Faculty of physical Education, Minia University, Egypt.

Dependent Variable: Performance level of players.

Statistical method used: Mean, Median, Standard deviation, Skewness, Wilcoxon test, Use of Spss for Statistical processors version.

RESULTS

The presence of statistically significant differences between the pre and post measurements in the performance level of the players that's where figure 1 shows an increase in physical variables and digital level of weight lifting players after

Table 1. Description of the research Sample

Weight(Kg)	Height (Cm)	Age(Yrs.)	N=7
65.2	173.8	20.0	Mean
64.0	174.0	20.0	Median
3.83+-	3.03+-	1.22+ -	SD
0.254	0.226	1.361	Skewness

Table 2. The significance of differences between the pre post measurements of Snatch, Clean and Jerk Lifts

Sig	Z	Change		Post test ratio	Pre test	P.value	N=7
		Mean	SD				
0,012	-2.527	15.22	4.23	83.25	6.43	Snatch	72.25
0,010	-2.565	14.43	7.23	108.0	7.37	Clean and Jerk	94.38

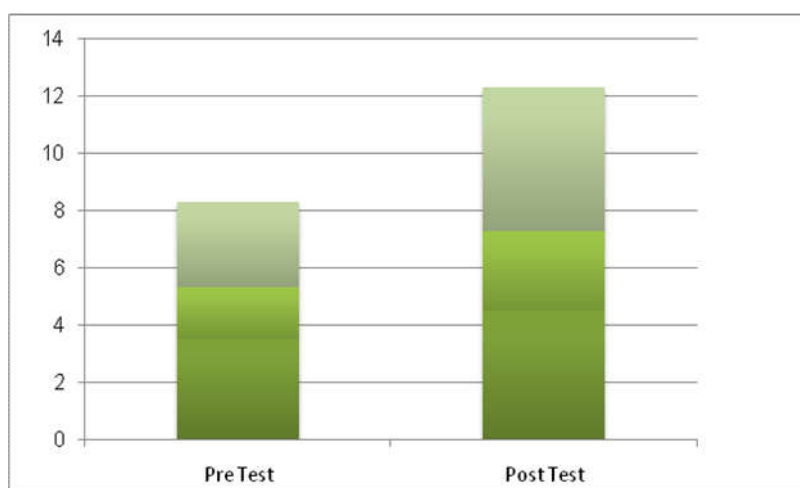


Figure 1. Average differences between pre and post measurements

applying the program, using drop set training and various training with weights have positive effect in improving maximum strength and digital level for weight lifting players (fink, 2017), Ozaki, 2017).

DISCUSSION

Increased maximum muscular capacities and the training performance for weight lifting players using drop set training .there is a significant differences between players whom use drop set program and other players that do not use it carrying strength is one of the most important physical characteristics and there is positive correlation between carrying strength and the maximum force 40% in weight lifting sport, its significance is improve the performance of the major lifts, this requires repetition with medium term, and preserve on the preparedness of the athlete in effective way to compete in the championship ,that can be reach to two hours that lead him to perform lifts between trails, especially the high level athlete (Tomas and Roger, 2000).

Conclusion

Increased performance level is associated with Using dropset training, so players should be trained using drop set training to improve physical variables and digital level.

Acknowledgement

We thank the members of the research sample and the President of Minia University.

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