



MINISTRY OF HIGHER EDUCATION AND SCIENTIFIC
RESEARCH/UNIVERSITY OF BABEL/COLLEGE OF PHYSICAL EDUCATION

**THE IMPACT OF A TRAINING APPROACH FOR MUSCULAR
EQUILIBRIUM WITH THE ACCOMPANIMENT OF EXERCISES
AFFILIATED WITH THE PROMOTION OF SOME BIOCHEMICAL
VARIABLES AND THE ACCOMPLISHMENT OF FAST WIGHT
LIFT FOR YOUNG WEIGHT LIFTERS**

SUBMITTED BY

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TO

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UNDER THE SUPERVISION OF

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Abstract

THE IMPACT OF A TRAINING APPROACH FOR MUSCULAR EQUILIBRIUM WITH THE ACCOMPANIMENT OF EXERCISES AFFILIATED WITH THE PROMOTION OF SOME BIOCHEMICAL VARIABLES AND THE ACCOMPLISHMENT OF FAST WIGHT LIFT FOR YOUNG WEIGHT LIFTERS

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The fast weight lift is one of the lifts that require muscular equilibrium among active and opposite muscles to participate in the stability of the weight within the dynamic track, hence, the significance of the research lies to benefit from the muscular equilibrium and the investment of breaks to do mixed exercises to develop some biochemical variables and the accomplishment of fast weight lift for young weight lifters.

The problem of the research has been identified through the follow-up and acquaintance of the researcher with the training units and training curricula used by weight lifting clubs. There is a difference in the power level of muscles among frontal and rear muscles for most weight lifters in Babel province which generally impacts the stability of lifts and especially the fast lift. The objective of the research is to become acquainted with the impact of the training approach prepared for the development some biochemical variables and the accomplishment of fast lift. The research also aims at knowing the best group in developing some biochemical variables and the accomplishment of fast weight lift whereas the researcher assumes that there is a positive impact for the training approach prepared for muscular stability with the accompaniment of mixed exercises in developing some biochemical variables. There are difference in the positive impact of the training approach prepared in favour of the unit of muscular stability with the accompaniment of mixed exercises. The research handled, in the second section, previous theories related to the research. The research has adopted the experimental approach by designing a priori and a posteriori equivalent groups due to their suitability to the problem at hand.

The researcher has identified as his research community the young weight lifters numbered (28) athletes belonging to Babel clubs. Then, (15) weight lifters were chosen as a haphazard sample. The research has statistically tackled, in the fourth section, the research variables and obtained the results. The researcher has concluded that there is a positive impact for the training approach prepared for the muscular stability with the accompaniment of mixed exercises. The researcher has recommended the use of this training approach and also he recommended paying more attention by coaches to use mixed exercises.