

Investigating the Effects of Maximal Strength Training on Wrestlers' Physical, Physiological and Selected Motor Skills

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ABSTRACT The purpose of this study was to investigate the effects of an 8-week maximal strength training program on the physical, physiological and selected motor skills of wrestlers'. A total of 40 wrestlers voluntarily participated in the study. Measurements about physical, physiological and selected motor skills were made on the test and control groups before (BT) and after (AT) an 8-week weight training program. In the evaluation of the obtained data, student's t-test was applied. As a result of the 8-week maximal strength training program, when BT and AT results of the test and control group wrestlers were compared, significant differences were found between test group wrestlers' right hand grip strength, biceps, triceps and subrailiac skinfold thickness values and Max VO₂ values before and after the study. However, there was no significant difference between vertical jump, left hand grip strength, back strength, subscapular skinfold thickness, wingate anaerobic power and capacity values.