

The Effects of Additional 8-Week Quickness Exercise Applied to Trained Wrestlers in the Category of Cadet, Young and Adults on Agility and Reaction Times

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ABSTRACT This study was carried out to examine the effects of an additional 8-week quickness exercise applied to trained wrestlers in the category of cadet, young and adults, on their agility and reaction times. When the data results were analyzed, it was observed that there was a significant difference between the agility test results of cadet and young athlete subjects ($p < 0.05$). However, t-test results showed that there was no significant difference between light and audio reaction parameters ($p > 0.05$). In conclusion, the results of this study showed that the 8-week quickness exercise applied to trained wrestlers had a positive effect on the agility performance of cadet and young athletes. There was no effect in the category of adult athletes who wrestle in the category of adults in terms of their agility and reaction times.