Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

The effect of complex training using the intermittent method in developing the special strength ability and achievement of young shot-put player U 20

Shaimaa Hasaneen Abd Elmenem Hasaneen [1],Hayder Faeq Al-Shammaa [2], Abeer Saadi Mahdi [3], maryam abd alrahman Hashim [4]

DOI: https://doi.org/10.37359/JOPE.V36(2)2024.2182

Article history: Received 10/ June/2024 Accepted 22/ June/2024 Available online 28/ June/2024

Abstract

Complex training, which is of great importance in the development of physical capabilities through change in the motor path and diversity of exercises for the same muscle groups working during the motor performance, which depends on the ability of the muscular and nervous systems in the process of compatibility, and work to apply it in the intermittent training method that works on the continuous change in the degree of difficulty of exercise (intensity of training) coordinated with rest periods and designed to develop the ability of special forces for archers to push weight and achievement, and

The aim of the study is to prepare complex exercises in the intermittent method over a period of 6 weeks (12) training units during the special preparation stage, on a sample of young people under 20 years of age (5) elite athletes effectively push the weight, the study variables measured two variables for maximum strength of the arms and chest, explosive force of the two men, rapid force of the arms and achievement by pushing the weight.

Through pre and posttests, the researchers concluded the effectiveness of combined training, which is regulated by intermittent training, in the development and improvement of the special ability of the weightlifting archers (the explosive power of the two men, the maximum strength and the rapid strength of the shoulders and arms) and the exercises have made a clear progress in the achievement of weight propulsion for young people under 20 years.

Keywords :compound training, intermittent training, special ability of the company, achievement by pushing the weight.

[1] Tanta University Faculty of Physical Education / Department of Track and Field Competitions, shimaa.hassanin@phed.tanta.ed
2 University of Baghdad, College of Physical Education and sport sciences, haidar.muhsin@cope.uobaghdad.edu.iq
3 Ministry of Education / First Karkh Directorate, abeeralshmry98@gmail.com
4 Department of Internal Affairs / University of Baghdad, maryam.a@uobaghdad.edu.iq

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

Introduction

Muscular ability means the ability to exert as much force as possible and as quickly as possible, which is one of the most important requirements for the effectiveness of pushing the weight, as it needs maximum force and speed of movement in the limbs of the body involved in the performance.(Matrood & Alshamma, 2019) Capacity is the speed at which force is affected and an increase in force, or an increase in the speed of contraction, or both, directly contribute to the increase in muscle capacity.

The effectiveness of weightlifting is related to the power of the force and its components, which can be described as the special forces of this activity, (HalahAtiyah et al., 2024) and the development of these capabilities depends on the type of training applied according to the technical and skill performance of the activity. that is why a lot of research and studies have been conducted on the training of these abilities to reach the athlete to the highest physical and technical level to achieve the best achievement. (Jawad Kadhim, 2016)

The different training methods to develop these capabilities are due to the level of trainers and their experience in the field of training, which requires them to study and investigate the results of new research and studies dealing with this aspect in order to enhance their training information and conduct more modern exercises to bring about the change and development required in the capabilities of their athletes. (AlJaf & Al-Shamaa, 2021)

Hence, the researchers went to conduct a study linking the complex training, which is of great importance in the development of physical capabilities through change in the motor path and diversity of exercises for the same muscle groups working during motor performance, which depends on the ability of the muscular and nervous systems to the process of compatibility in order to achieve a high level of achievement, and work to apply it in the intermittent training method that works on the continuous change in the degree of difficulty of exercise (intensity of training) and coordination with rest periods, and confirms (Talha Hossam, 1993, p.381) however, (Alshammaa, 2014) the training must be through the specialized aspect and rely on exercises with the same form of muscular performance for these sports effectiveness. (Jawad Kadhim, 2016)

There is a very high correlation between the ability of special forces and the achievement of effective weightlifting, where (Abu al-Ala Ahmed and Ahmed Nasreddin , 2000, p.133) indicates that the greater the degree of muscle strength, the higher the degree of compatibility between muscle fibers in the muscles and then the level of skill performance and achievement, therefore, muscle strength training methods should be diversified, taking into account the possibility of using body weight exercises or using resistors. (Hameed et al., 2024)

Therefore, the researchers went on to prepare various complex exercises using or without training tools aimed at developing the ability of special forces (maximum force, explosive force, relative strength, and rapid force) for weight-pushing shooters, and work on building the training load and codifying it in the method of intermittent training where

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

mentioned so that the bowler steps up the intensity of the training for one exercise and then steps down the intensity and repeats the exercise for many times. (Hassan et al., 2022)

The importance of the study is in

1. Preparation of composite exercises through the change in the motor path of the working muscles during the exercise with or without tools that are aimed at developing the special strength of the weightlifting shooters.
2. These exercises are rationalized in the technique of intermittent training by the rise and fall strongly of a single exercise during repetitions.
3. Work to guide trainers and workers in the field of sports training to the use of composite exercises and metered with training load in the intermittent method in the development of the special strength capacity of athletes and to weightlifting shooters.
4. The researchers believe that training with these exercises and style will be somewhat useful in developing achievement by pushing the weight.

The problem

Through the vision of researchers and their work in the field of sports training and athletics and their coexistence of trainers and their training methods for athletes of national teams and high-level clubs, and his observation to face a problem in foreign championships as the achievement requires very high physical capabilities and in particular in the strength of the heavyweights, which reflects its impact on the digital achievement of this effectiveness.

Through the continuous studies of researchers in the field of studies and research, the new means of training and the most effective methods , devices and tools, so it was the tendency to conduct a different study that helps in the development of special strength and delivery to the highest grades in athletes to push the weight and hold it for shorter periods, to work on guiding the trainers to work out and use the composite training that works on the diversity of exercises and the same muscle groups working and use in the intermittent method up and down the intensity of training during the one exercise, which reflects the occurrence of high development and achieve the goal sought by researchers and trainers

In this study, the researchers wanted to answer the following questions:

1. Do combined exercises have a positive effect on the development of the special strength of the weightlifters.
2. Is intermittent training load programming effective in influencing special forces?
3. Does intermittent combined exercise have a positive effect on improving achievement for heavy-duty motivation?
4. Does a variety of combined exercises that work on diversity by working for the same muscle group have a greater impact on special strength and achievement?

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

Objectives

1. Prepare complex exercises and diversity for the working muscle groups during the effectiveness of pushing the weight, and then work on rationing the training load in a intermittent manner to develop the special strength of the weight motive.
2. Recognize the impact of intermittent combined exercises in the development of the special force of the shooters by pushing the weight.
3. Recognize the impact of intermittent combined exercises in the development of achievement effectively pushing the weight of youth under 20 years.

My homework

1. A statistical indication between the averages of the results of the tribal and remote tests in the special strength of weight-pushing shooters for young people under 20 years old.
2. There are statistical differences between the results of distance-of-achievement tests effectively pushing the tribal and dimensional weight of young people under the age of 20.

Justification and importance

The importance of this study came to the great and important role that must be given importance in the exercises of the effectiveness of pushing the weight, namely, the development of the special force according to the different rates of contribution to the achievement, for both the explosive power, the rapid force, and the maximum force, the relative forces of the arms, which requires the selection of the best methods and methods for their development as one of the most important special demands of this effectiveness, to increase the ability of the special force of the archers to push the weight somewhat high during training and championships and related mainly to improving the level of achievement, this study provides the preparation of proposed composite exercises using the method of intermittent training, this could have an impact on the development of the special force capacity, as this is crucial for upgrading the level of delivery.

Areas of research

Conducting the study a sample of youth under 20 years of age (5) elite athletes effectively pushing the weight, for the year (2024), within the period from (6/1/2024) until (17/2/2024), at the stadium of the Faculty of physical Education and Sports Sciences Arena and the external field University of Baghdad.

Research methodology and selection

The researchers used the experimental approach to design a single group with a tribal and remote test, and the research community consisted of young athletes participating in the championship of clubs and institutions of Iraq effectively push the weight in early November of 2023, which was established by the Iraqi Federation of Athletics.

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

(5) athletes were selected from the research community from those in the province of Baghdad to represent the research sample and in the intentional way so as to be able to control them in the implementation of exercises.

Devices, Tools, and Media for Information :

International Information Network Internet, Team of Trainers for exercise execution , gravity drive circuit, weight number (6) weight 6.000 kg, length tape measure (25) meters, lawn yard for complex exercise execution, number of medical ball and different weights, iron 20 kg number 2 with different iron weights, dongplings of different weights, flat number 2, cords for various rubber force colors.

Variables of study

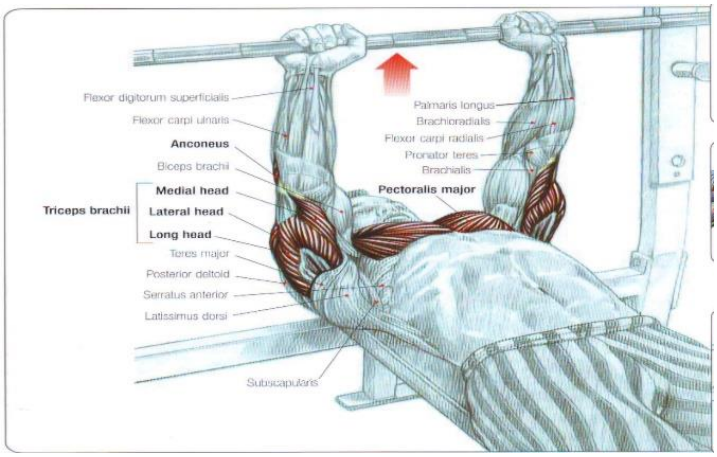
The researchers determined the physical abilities that can be included within the special strength of the shooters to push the weight based on their personal experience in addition to consulting a number of experts and trainers specialized in the activities of throwing, as they agreed with them on the most important in the participation of the achievement with the determination of a special test to each of these abilities. which are:

1. The maximum power
2. Relative forces
3. Explosive forces
4. The rapid forces

I. Measurement of maximum strength (Walid Ezzedine et al., 2024, pp. 814-816)

1- Test to push the bar with the arms from the lying position on the slab

(The goal is to measure the maximum muscle capacity of the pectoral muscle major and triceps muscle Pushdowns, with a gradual weight gain of 2.5 kg)

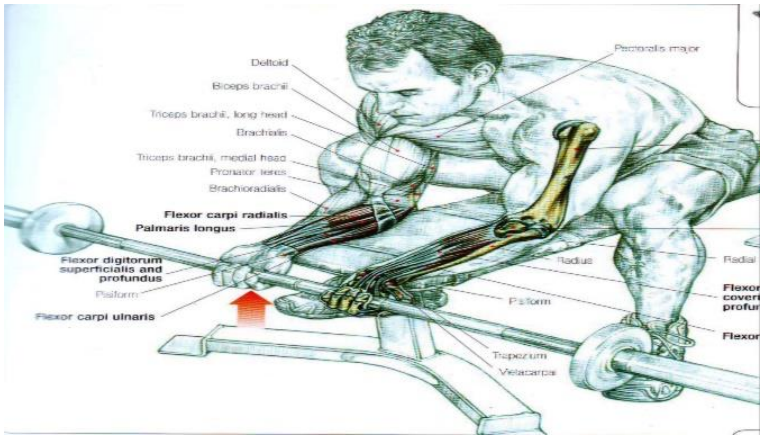


Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

2- Test pulling the bar with arms to the chest from sitting on the slab and flexing the elbow
(The goal is to measure the maximum muscle capacity of the Curls bar bell biceps, with a gradual weight gain of 2.5 kg)



II. Measurement of explosive power of the muscles of the forearms (Nagham Abdullah et al., 2022, p. 141)
Test measuring explosive strength of leg muscles using foot Scan) *
III. measuring the rapid strength of the arm muscles (Ahmad Fadel and Haidar al-Shama, 2021, p.11)
Test bend and stretch the arms from the 10-second sloping position.
IV. measuring achievement by thrust of 6.000 kg (Mohammed Nahed and Haider al-Shama, 2019, p. 232)
Test of distance achieved by weighting in accordance with the international law of effectiveness.

Pre- and post-test

The tribal test was carried out on (6/1/2024) by conducting the four special force capability tests, in addition to the test of achievement on the experimental search set, in the same sequence mentioned above with a rest period of an amount (10 minutes) between each test and another.

* This electronic rectangular platform, measuring 40 cm by 60 cm, measures the power dynamics on which it is built and the pressure areas of the foot as it comes into touch with it. It also has high frequency digital sensors. In addition to providing a variety of macro power options strapped from the foot on the platform with multiple feeds to the mass of each player, the device provides a set of critical mechanical variables, including the power tied to the platform (Newton) for each component of the foot. The test for the Foot Scan scanner is this.

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

The next test was conducted on 17/2/2024 under the same conditions and location as the previous test.

Combined exercise and intermittent training method

The researchers, based on their training experience, prepared complex and varied exercises for the same muscle groups working for the arms or for the two men more closely related to the motor performance of the effectiveness of the weight push, which depends on the ability of the muscular and nervous systems and aims to develop the special strength ability of the weightlifting shooters. the researchers used in some exercises tools and training tools and various bounce exercises using the amount of movement of his body as a resistance against which the muscles work in receiving and stopping movement, as he confirms (Abu al-Ala Ahmed, 1999, p.19) that training using body weight as resistance achieve a remarkable improvement in ability.

3 consecutive exercises for the rapid force of the arms, the second for the explosive force of the two men and the three for the maximum forces of the arms were installed in one exercise. this complex exercise has been refined and programmed, as several maximum tests were conducted for the exercises individually and then combined with the combined training to reach the maximum performance time of 25 seconds for all exercises. the principles of training science were taken into account during the special preparation phase in order to achieve a high level of achievement.

The training load has been codified in the method of intermittent training and using the method of repeated training with intensity training ranging from 90% to 105%, so that the target is graded to increase the intensity of the training for one exercise and then graduated to the intensity and repeated the exercise many times, and the training was intensity (90%, 100%, 90%), (95%, 95%, 95%), (100%, 105%, 100%), while the ascending of intensity is two consecutive training units and then the descending one.

As for the number of repetitions per exercise (3) repetitions of different intensities and rest periods ranging from 1:3 to 1:6 of the repetition time, and the number of totals was (2) and with a rest period of 2 minutes, and between exercises when moving from one to another the rest period was 4 minutes.

There are several types of intermittent training (long, medium, short and short) (Radwan Khaldi, 2016, p.38), of which the researchers used short intermittent training, being the best for building the special strength of the weightlifting shooters.

The implementation of composite exercises on the experimental research sample was started on (8/1/2024) by applying (2) training modules per week for (6) weeks, in addition to (2) training units to conduct tribal and post tests and (2) training units to determine the maximum intensity of exercises used during the compound exercise for a total of (16) units were implemented during the course of our research, the units were implemented during the main section of the training unit. The appendix (1) the training modules that were implemented during our research, and confirms (Heydar Faiq, 2015, p. 89) that the preparation of exercises associated with the programmed and scientifically

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

prepared training load has a clear role in raising physical capabilities and developing them toward achievement.

Statistical treatments

Researchers used the prepared Statistical Bag (SPSS) to process the data and the results obtained.

Research results and discussion

The researchers tried to combine the results of the data obtained in the tables presented below. Tables (1) and (2) show the results of the statistical instruments of the study data for the special force variables of the weightlifting shooters that have been agreed upon.

Table (1)

Shows the arithmetic mean and standard deviations of special force variables

The next		The tribe		Unit of measurement	The variables
+ p.	C. S.	+ and p.	C. S.		
12.13	106	8.12	96	Kilogram	Push the lip from lying on the slab (maximum force)
3.56	39.5	3.98	32.5	Kilogram	Pull the lip from sitting on the slab (maximum strength)
31.98	361.50	25.88	346.33	Net worth	Foot Scanner (explosive force)
12.5	12.33	0.68	11	Several	Front-leaning (fast force)

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

The Table (2)
Shows the calculated, moral, and level of significance of special force variables

The variables	F. and F.	United States of America	T Accounted	sig	Significance
Push the lip from lying on the slab (maximum force)	**10**	**2.85**	**7.75**	**0.005**	**Moral**
Pull the lip from sitting on the slab (maximum strength)	**7**	**2.04**	**7.69**	**0.005**	**Moral**
Foot Scanner (explosive force)	**15.17**	**4.78**	**7.08**	**0.006**	**Moral**
Front-leaning (fast force)	**1.5**	**0.33**	**10**	**0.000**	**Moral**

Referring to tables (1) and (2) it is shown that the results of the shooters of the research sample who were trained in high intensity combined exercises improved the special strength capacity values of the arms in maximum force and rapid force and of the men in explosive force. it is very clear in increasing their abilities in the distance tests than those results in the tribal tests, and the researchers attribute the appearance of these results to the effect of the combined exercise with the training load in the intermittent system,(Salman et al., 2022) which works to change the intensity of the training with the same exercise during the iterations to develop special strength. researchers have been keen to harmonize the course of physical movements and the technical performance of the effectiveness of pushing the weight taking into account the principle of gradient and crowning in the physical load and easy to difficult, to be this application in order to get the highest productivity of the special muscle strength, here, (HalahAtiyah et al., 2024) the role of exchange in the work of muscle groups as one of the principles of modern sports training has a positive effect to avoid objective fatigue and avoid sports injuries and boredom. especially that the resistance to the development of the force capacity component was by the weight of the body and the use of training tools to invest force push as indicated, which was calculated according to the principle of experimentation to suit its repetitions and the level of resistance and the muscle extension to the extent that precedes the force of the main contraction of the movement in each exercise, in addition, the researchers focused on avoiding the negative impact of poor performance to protect players from possible sports injury, which is confirmed by the commitment to the scientific fact of not straining neurons when working on the principle of compound training, that is, the neurons were not tired the better the technical skill factor for the effectiveness of pushing the weight. this is what the researcher was keen on in this matter, which was helped by the culmination in these exercises and the rise and fall in the intensity of training to relieve the muscles of the stress that may be left by special exercises and to get out of the restrictions according to the determinants of not harming the condition of the player.

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

"Pregnancy gradient means adding new requirements over time periods that allow adaptations to occur and develop." (AJ, 2003, p. 99)

It also "must emphasize the principle of resistance gradient on muscles for the goals of increasing muscle strength and development." (Ihab and Abdul Basir, 2004)
Also , " in the explosive force and force training characteristic of speed, the trainers work to reach the muscles to the maximum elongability in accordance with the law of (Stenkalk) physical meaning (Palmace and Force Generation) which is its applications that the longer the muscle after its shortening, the more it is able to produce greater muscle capacity." (36 Al-Nusri, 2009) and (Abed et al., 2022)

"Factors affecting the production of muscle capacity are determined by the number of muscle fibers aroused, the cross-section of the muscle or muscle involved in performance, the composition of muscle fibers, the angle of production of muscle strength, the length and relaxation of the muscle or muscle before contraction, the length of time taken to contract muscle and the degree of compatibility of the muscles involved in performance, the emotional state of the player before and during the production of muscle strength, age, sex, and warming up" (Abedin, 2008) and (Khlaif & Shnawa, 2022)
"Several studies have also indicated that resistance training strengthens muscles, increases muscle size and strength, improves circulation and heart work, increases the vital capacity of lungs, and strengthens strings, joints and coronary tissues, as well as increases bone mass and density."Arabi and Omara, 2015), (Karam Salam Ismaeil & Kadhim, 2023)

Lastly, we can state that the research sample of archers with effective weight drive showed a discernible improvement in their maximum chest muscle strength, their legs' explosive strength, and their arms' rapid strength. This was due to the application of composite training during one exercise with the intermittent method of varying the frequency of the same exercise, confirming (Saleh, 2019) that "neural system training will be successful before the growth boom occurs, while muscle-based training and composite training will be successful following the growth boom."

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

Table 3 shows the results of statistical means of study data for the variables of achievement that effectively weigh the weight of young people.

Table (3)
Shows computational circles and standard deviations of special power variables.

Changes	Unit of measure	before		after		F. and F.	هـ ف	T Accounted	Sig	indication
		C. S.	+ and p.	C. S.	+ p.					
Fulfilment by weight	meter	13.90	2.65	14.78	3.81	0.88	0.29	6.76	0.008	Moral

The results of the pilot shooters ' effective payment of the weight from young people trained in the complex exercises with high-resolution intermittent training listed in table 3 showed that they had improved achievement values for effective weight payment (6.000 kg) by a good increase in the delivery of remote testing than in the tribal tests, and the researcher attributed these results to the positive combined training effect that helped to develop both the explosive capacity of the two men, As much as possible, motor economy, the principle of mutuality, and diversity in the work of muscle groups must be taken into consideration, along with pain in muscular neurological work, in order to prevent fatigue in the high degree of training upwards during the single rehearsal disease that has affected neurosis and muscle contractions. The exercise's goal is to focus on the proper neuronal frequency required for heavy-duty shooters to produce specialized power while also varying the training concentration.(Abdulhussein et al., 2024)

Experimental research that gives us incontrovertible evidence is when using statistical means appropriate to the results of dimensional tests between the totals used in research.

"All the activities of the physical player lead to numerous physical changes, but when those activities are on the body according to regular scientific rules, they then lead to improved achievement." (Clears throat, 2010)

"The development of explosive capability must be taken into account in sports competitions, given the close relationship between them and the technical and tactical aspects, so as to allow the individual to achieve achievements." (Makki, 2010)

Also, "special power development exercises make the player better able to deal with the requirements of a specialized game." (Patience, 2010)

The above findings in this study point to the realization of the hypotheses imposed by researchers above average the results of the dimensional tests of the research group on the special capacity of the archers effectively to push the weight, which have been shown in the evolution of the explosive capacity of the two men and the improvement of the

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

maximum force and the rapid strength of the shoulders and arms, which have effectively evolved the achievement of the weight of the research sample by young people.
The findings of the above-mentioned researchers indicate that the research objectives expected for the results of this research, which in the second objective were to develop the special force of the shooters by paying weight, and the third goal was to effectively develop the delivery of the weight to young people under 20 years of age, all using intermittently installed exercises.(Sakran & Shehab, 2023)

Conclusions and recommendations:
The development and enhancement of heavy-duty shooters' unique capacity (exploding capacity of the two men, maximal strength, and rapid strength of shoulders and arms) can be achieved through the practice of intermittent training in combination with combined training. (Kadhim, 2024b)
The archers in the research sample have a definite and favorable relationship with the composite training and how its activities are conducted. The accomplishment of the weighing of youth under 20 has clearly improved as a result of intermittent training.
The research sample's performance and achievement are clearly impacted by the intermittent training approach and the shifting training emphasis.(Kadhim, 2024a)

It was the researchers' recommendation.

:: Mentoring trainers and specialists in the training of shooters in the overall force games and the payment of weight, especially using composite training to develop the special power capacity of their players.
:: The use of cross-training in the development of delivery in the case of heavy-duty shooters.
:: Use complex training in all types of sport for its overall physical development.
:: The use of intermittently installed training in skills development and the dynamic performance of its process of diversification and proximity to performance itself.

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

Appendix (1) / Selected models of training units

Training unit/first

The goal is to develop the special strength of heavy throwers. Sample number: 5 players

T.T.	Practice name	Repetition	Stress.	Time of repetition	Rest between repetitions	Time of repetition and rest.	groups	Rest between groups	Total time for practice.	Rest between exercises.
1	He pushed a 2-kg medical ball with the arm on the wall three times, and then he jumped the two guys on the spot three times, and then he leaned on the wall three times at 45.	**1**	**90 %**	28 Th.	**1 : 3**	**112 Th**	**2**	**2 minutes**	**670 second**	**4 minutes**
		2	**95 %**	**27 ثا**	**1 : 4**	**135 Th**				
		3	**90 %**	28 Th.	**1 : 3**	**28Th**				
2	Pull a fixed rubber rope from above the head with arms three times, log 2 successive logs on the right man and then on the left man, lip the weight of 20 kg from above the head up with arms three times.	**1**	**90 %**	28 Th.	**1 : 3**	**112Th**	**2**	**2 minutes**	**670 second**	**4 minutes**
		2	**95 %**	**27Th**	**1 : 4**	**135 Th**				
		3	**90 %**	28 Th.	**1 : 3**	**28Th**				
3	He began by lying on the moisturizer and used his arms to push his lips upward three times. Next, he leaped with his feet together to ascend to a height of 60 cm on the moisturizer three times. Finally, he sat on the moisturizer and used his arms bent outward to bring his 20 kg lip to his chest three times.	**1**	**90 %**	28 Th.	**1 : 3**	**112 Th**	**2**	**2 minutes**	**670 seconds**	
		2	**95 %**	**27 Th**	**1 : 4**	**135 Th**				
		3	**90 %**	28 Th.	**1 : 3**	**28 Th**				
The maximum time for performing exercises is 25 seconds.		Total training module time						41 minutes and 30 seconds.		

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

Training module / IV

Target/developed by the Special Power for Heavy Thunder balls/sampling number/sampling number/sampling number/samples

T. T.	Practice name	Repetition	stress	Time of repetition	Rest between repetitions	Time of repetition and rest.	groups	Rest between totals	Total time for practice.	Rest between exercises.
4	After the knees were raised sequentially from the nine-second stand and the weight of 5 kg was pushed by the motor performance from the three-time stationary position, the 8-kg drums were dragged three times by each arm from both sides to the chest while the subject was lying on the barge.	1	95%	27 Th	1 : 4	135 Th	2	2.5 minutes	774 seconds	4 minuts
		2	100 %	25Th	1 : 5	150Th				
		3	95%	27 TH	1 : 4	27Th				
5	Klin uses a 40 kg lip balm three times, then moves up and down on a 30 cm by 9 tampon with the two males, and finally sits on a 30 kg lip balm from behind the head three times.	1	95%	27 Th	1 : 4	135 Th	2	2.5 minutes	774 seconds	4 minutes
		2	100 %	25 Th	1 : 5	150 Th				
		3	95%	27 Th	1 : 4	27 Th				
6	The motor performance was used to push the 5 kg weight from the three-time stationary	1	95%	27 Th	1 : 4	135 Th	2	2,5 minutes	774 seconds	
		2	100 %	25 Th	1 : 5	150 Th				

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

	position. Next, the knees were raised consecutively from the nine-second stand, and finally, while lying on the barge, the 8 kg drums were dragged three times by each arm from both sides to the chest.	**3**	**95%**	**27 Th**	**1 : 4**	**27 Th**				
The maximum time for performing exercises is 25 seconds.		Total training module time						**46 minutes و 42 seconds**		

Training module / VII

Target/developed by the Special Power for Heavy Thunder balls/sampling number/sampling number/sampling number/samples

T. T.	**Practice name**	Repetition	**stress**	**Time of repetition**	Rest between repetitions	Time of repetition and rest.	**groups**	Rest between groups	total time for practice.	Rest between exercises.
1	After pushing a 2-kg medical ball three times against the wall with his arm, he jumped the two men three times on the spot and then three times at 45 degrees he leaned on the wall.	**1**	**100%**	**25 Th**	**1 : 4**	**125 Th**	**2**	**3 minutes**	**768 seconds**	**4 minutes**
		2	**105%**	**24 Th**	**1 : 5**	**144 Th**				
		3	**100%**	**25 Th**	**1 : 4**	**25 Th**				

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

2	Pull a fixed rubber rope from above the head with arms three times, log 2 successive logs on the right man and then on the left man, lip the weight of 20 kg from above the head up with arms three times.	**1**	**100%**	**25 Th**	**1 : 4**	**125 Th**	**2**	**3 minutes**	**768 seconds**	**4 minutes**
		2	**105%**	**24 TH**	**1 : 5**	**144 Th**				
		3	**100%**	**25 Th**	**1 : 4**	**25 Th**				
3	After lying on the moisturizer, he pushed his lips up three times with his arms, hopped with both feet to reach a 60-cm-high moisturizer three times, and then sat on the moisturizer while folding his arms from the facilities and pulling his lips, weighing twenty kilograms, to his chest three times.	**1**	**100%**	**25 Th**	**1 : 4**	**125 Th**	**2**	**3 minutes**	**768 second**	
		2	**105%**	**24 Th**	**1 : 5**	**144 Th**				
		3	**100%**	**25 Th**	**1 : 4**	**25 Th**				
The maximum time for performing exercises is 25 seconds.		Total training module time						**46 minute و 24 second**		

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

References

Abdulhussein, A. A., Dheyab, A. S., Abdulkareem, O. W., mutar Albadri, E. H., Hammood, A. H., Musa, M. F. A. H., Kadhim, M. J., & AbdulMageed, T. S. (2024). AN ELECTRONIC SYSTEM ACCORDING TO THE COOPERATIVE METHOD AND ITS IMPACT ON DEFENSIVE MOVEMENTS IN YOUTH BASKETBALL. *International Development Planning Review*, *23*(1), 1253–1266.

Abed, I. S., Khlaif, I. K., & Salman, S. M. (2022). The effect of therapeutic physical exercises in the rehabilitation of the knee joint injured partial rupture of the medial meniscal cartilage for football players. *Revista Iberoamericana de Psicología Del Ejercicio y El Deporte*, *17*(5), 275–278.

AlJaf, N. A. S., & Al-Shamaa, H. F. (2021). The Effect of Varied training style on The Development of Aerobic Endurance and Half Marathon Achievement for Men. *Journal of Physical Education*, *33*(3).

Alshammaa, H. F. A. (2014). Tateraltdreb on the sandy surfaces of your endurance and accomplishment of the effectiveness of ran 2000 m. steeplechase, junior. *Karbala Journal of Physical Education Sciences*, *1*(5).

HalahAtiyah, M., Alhamayd, Q. A., QasimKhalaf, S., AmerAbdulhussein, A., JawadKadhim, M., KohChoonLian, D., HashimHammood, A., & YahyaFaris Mohsen, G. (2024). EXTRAPOLATION OF THE MACHINE AND ITS EFFICIENCY IN DEVELOPING THE SKILL PERFORMANCE AND ACCURACY OF DRIBBLING IN YOUTH FOOTBALL. *International Development Planning Review*, *23*(1), 1037–1047.

Hameed, N. H., Al-Shamaa, H. F., & Haider, F. (2024). Preparing movement exercises using a proposed laser device on the heel of the foot to learn and develop the speed of rotation and accomplish to the discus throw for youth U 20. *Modern Sport*, *23*(1), 123–133.

Hassan, A., Muayad, N., & Alshammaa, H. (2022). The Effect of Harmonic Training Based on a Rubber Rope Network on the Instantaneous Strength, Maximum Speed Stage and Achievement for the Effectiveness of Running 100m for Young Women. *Mustansiriyah Journal of Sports*

Journal of Physical Education

Volume 36 – Issue (2) – 2024 Open Access

P-ISSN: 2073-6452, E-ISSN: 2707-5729
https://jcope.uobaghdad.edu.iq

Science, *4*(1), 138–144.

Jawad Kadhim, M. (2016). Predicting Energy Expenditure Quantity With Lactic Acid Indicator After Maximal Physical Effort For Soccer Players Aged 18–25 Years old. *Journal of Physical Education*, *28*(4.2), 195–207.

Kadhim, M. J. (2024a). Digital Literacy and Its Importance in the Modern Workforce. *International Journal of Social Trends*, *2*(2), 44–50.

Kadhim, M. J. (2024b). Social Networks' Place in Contemporary Political Movements. *International Journal of Social Trends*, *2*(2), 51–59.

Karam Salam Ismaeil, D. B. R. J., & Kadhim, H. A. A. (2023). The effect of using electrical stimulation and massage within a suggested device to restore muscle lengthening for athletes with a moderate-intensity muscle tear in some posterior thigh muscles. *Pakistan Heart Journal*, *56*(1), 262–267.

Khlaif, I. K., & Shnawa, T. F. (2022). The Effect of Using Therapeutic Physical Exercises Accompanying Physical Therapy in the Rehabilitation of Lumbar Disc Herniation for Football Players Aged (25-25). *Revista Iberoamericana de Psicología Del Ejercicio y El Deporte*, *17*(1), 33–35.

Matrood, M. H., & Alshamma, H. F. (2019). The Effect of Breathing Exercises on Relation and Self–Talk on Developing Ambition Level According to VTS–Sport and Achievement in Long Distance Runners. *Journal of Physical Education*, *31*(3).

Sakran, M. A. S. A. J., & Shehab, G. M. (2023). The use of an auxiliary device and its impact in teaching the skill of Russian rotation on the pommel horse device for junior artistic gymnastics. *Wasit Journal Of Sports Sciences*, *14*(2).

Salman, S. M., KADHIM, M. J., & SHIHAB, G. M. (2022). The effect of special exercises in the rehabilitation of the shoulder muscle for the youth wrestling category. *International Journal of Early Childhood Special Education*, *14*(5).