Effects of maxex training on power, strength, speed and agility in kickboxers

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Abstract The purpose of this study was, determine effects of four weeks Maxex training on power, strength, speed and agility in kickboxers. sixteen kickboxers young men of rasht city voluntarily participated in this study and randomly divided into two groups: Experimental (n: 8, age:22.47±1.5, height: 167.04±3.2, weight: 66.01±7.7) and Control (n: 8, age: 22.95±1.37, height: 166.98±3.57, weight: 66.32±2.55) groups. Experimental group performed maxex training and control group performed traditional resistance training two sessions per week for 4 weeks. In additional, each groups tow sessions per week performed tecknikal and skill training. Own week before exercise protocol, Experimental group participated in pilot tests. For identify intensity training applied 1RM test. 48 house before and after exercise protocol, tests of power ( scat jump) strength ( bench press and scat) speed ( 20 m running) agility ( 4×9m) performed. Data were analyzed by dependent t test and results showed that, four weeks of maxex training , lead to increasing power and strength level in Experimental group. these changes were significant with compared to the control group. But, speed and agility were not significant changes between group. On the other hand, results showed that following of four weeks maxex training alone power and strength significant increased. Key Words: maxex Training, agility, speed, strength, power.

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