

Comparison of two training methods, plyometric and Combined (plyometric and Balance) training on some of ed physical fitness components of juvenile Gymnast Girls

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Introduction: The purpose of this study was to compare two training methods, plyometric and Combined (plyometric and Balance) training on some of ed physical fitness components of juvenile Gymnast Girls. **Methods:** Thirty Minor Gymnast Girls those had at least two months history in gymnastics, Voluntarily associated in this Study and randomly assigned to Two Groups: Plyometric (Weight: 31.62 ± 7.29 and BMI: 15.75 ± 2.40) and Combined (Weight: 30.06 ± 6.93 and BMI: 16.96 ± 2.62). Agility, Explosive power , medicine ball throw, stork stand and body composition measures like as weight, height, waist to hip ratio (WHR) and body fat percent were assessed before and after 6 weeks training protocols. All statistical analyses were conducted using SPSS Version 22 and significance was set at (p

Keywords : Keywords: plyometric training, balance training, juvenile gymnast

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