Effects of combined training on physical fitness and body composition indexes in volleyball players

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Abstract The impact of a training program combines physical fitness and body composition parameters Volleyball player Azad University khalkhal sosahab raufi sisahab: weriter Plyometric exercises is a special sports program (a combination of speed and strength exercises) to develop and maximum muscle contraction in the shortest time possible need. In addition, it has been shown that the combination of plyometric exercises with strength training, agility and speed, resulting in improved athletic performance is. This study examined the effect of combined training (plyometrics and strength) on some of the indicators of fitness and body composition in volleyball athletes. Before and after 6 weeks of combined training (strength and plyometric), the values of strength, speed, agility, aerobic power, body fat percentage and body mass index were measured. Results: The results showed that the strength, anaerobic power, and body mass index increased significantly compared with the control group. On the other hand, the record levels of speed, agility and body fat percentage decreased significantly compared with the control group, the results showed improvements in test performance is cane. Conclusion: Results of this study indicated that physical fitness (strength, anaerobic power, speed and agility) and body composition (body mass index and body fat percentage) in male volleyball players due to adaptations in the neuromuscular system some of the hormonal compatibles for combined training (strength and plyometric) improved. Given that compound exercises (strength and plyometric) increases in most of the factors of physical fitness, so its use is recommended for male volleyball players

Keywords : Plyometrics, speed, power, agility, aerobic power, body composition and volleyball players