

Compare the Effect of recovery on blood lactate Uchi-komi training in boys and girls judokas

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Abstract: The aim of this study was comparing the effects of recovery on blood lactate Uchi-komi training in boys and girls judokas. **Methodology:** Among the 86 judo board of Bandar Anzali city, 18 subjects, included: 9 boys (age: 20.11 ± 6.97 , weight: 68.57 ± 10.03 , and Height: 176.77 ± 7.44) and 9 girls (age: 25.62 ± 9.86 , weight: 62.40 ± 7.16 , height: 160.87 ± 7.31), were randomly ed of Bandar Anzali city. The exercise protocol of the Uchi-Komi training was use to the fatigue thresholds, then, the recovery was carried out actively with Uchi-Komi shadow training and passive re-sitting on the bench, at 5 and 10 minutes after the training. Blood lactate of judokas was performed before and after the test, as well as at 5 and 10 minutes after the test, in both active and passive recovery for both groups. **Results:** The results of repeated ANOVA test showed that Uchi Komi traing increased blood lactate in both disposals (P

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