

Effects of Two Types of Warm up With High Intensity and Low Intensity Half-Squat Movements on Anaerobic Performance of Female Kung Fu Players

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Abstract: The purpose of present study was to investigate the effects of two types of warm up with high intensity and low intensity half-squat movements on anaerobic performance of female Kung Fu players. Statistical community were constituted of females Kung Fu players of Guilan players that gain medal in national competitions (n=72), that 30 number of them were divided into 3 control, high intensity and low intensity half-squat groups as statistical samples. Data were analyzed with one sample Kolomogorov Smirnov, independent sample t test, and dependent t test in significant lower than 0.05. The results showed that amount of anaerobic power in both high intensity (85% 1RM) and low intensity (60% 1RM) half-squat groups were increased significantly, and high intensity group had more increase than low intensity group. Generally the results supported the hypothesis that warm up with high intensity and low intensity half-squat movements had significant positive effect on anaerobic performance of female Kung Fu players, and this effect were more in high intensity group.

Keywords : Keywords: Anaerobic Performance, Warm up, Squat, Kung Fu

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