

Determination of physiological and body composition profile of ed Guilan's junior Freestyle and Greco-Roman style wrestlers and its comparison with national normative data

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Abstract The purpose of this study was to determine the physical fitness and body composition profile of ed Guilan's junior Freestyle and Greco-Roman style wrestlers and to compare these scores with the date of national-level wrestlers. For this reason, 25 national and provincial champion wrestlers (13 Freestyle and 12 Greco-Roman style wrestlers) were ed according to some inclusion criteria including age range 18 to 20 years, regular wrestling training, no injury or illness, and not taking medications or supplements. Anthropometric characteristics such as height, sitting height, arm length (ulnar styloid to acromion process); body composition factors including body weight, subcutaneous fat, fat free mass (FFM) and body mass index (BMI); and physical fitness factors such as the flexibility of the low back muscles (seat and reach test), the flexibility of the abdominal and thigh muscles (trunk lift test), the flexibility of the shoulder flexor muscles (shoulders lift test), explosive power (broad jump test), abdominal muscles endurance (1-minute seat up test), upper body muscles endurance (pull up test), shoulder girdle muscles endurance (1-minute push up test), aerobic power (Bruce test), speed (36 m dash test), agility (shuttle run test), hand grip maximal strength (dynamometer), upper body maximal strength (bench press test), lower body maximal strength (squat test), and low back and legs muscles maximal strength (dead lift test) were measured based on standard methods. One-sample T test was used to compare the records of Guilan's wrestlers with normative data. The results showed that Guilan's wrestlers had a lower BMI, and Guilan's Greco-Roman style wrestlers had a lower FFM than national norm (p

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