

# **Effects of eight weeks resistance training on power, strength, agility, blood pressure and anxiety in senior female taekwondo athletes**

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resistance training on some fitness indicators, blood pressure and anxiety in beginner female taekwondo. The population of this study was the beginner female taekwondo in Rasht. Sixteen subjects with at least 2 years of experience were selected and randomly divided into two groups of resistance training (n=8), mean age  $22.47 \pm 1.5$  years, height  $164.04 \pm 3.2$  cm and weight  $66.01 \pm 7.7$  kg and control group (n=8), mean age  $22.95 \pm 1.37$  years, height  $166.98 \pm 3.57$  cm, weight  $66.32 \pm 2.55$  kg were divided. The experimental group performed a resistance exercise protocol with pyramidal pattern for eight weeks and two sessions per week. After 15 min of warm-up, the resistance exercise at 85, 90, 95 and 100% 1 RM intensities with 3 min rest between each movement and set were performed and 15-minutes cool down was done at the end intervention. Forty eight hours before and after the training period, tests of strength, power, agility, flexibility, blood pressure and anxiety were performed. After determining the normality of data using Kolmogorov-Smirnov test, research hypotheses showed that eight weeks of resistance training only had significant effect on strength, power and anxiety in resistance group ( $P \leq 0.05$ ) and other variables did not show any significant difference between the two groups. Therefore, resistance training seems to be an effective training method for improving strength and power as well as reducing anxiety in beginner female taekwondo.

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