EFFECT OF THREE HEAT INPUTS ON POST-ACTIVATION POTENTIATION IN MUSCLE POWER TESTS

ABSTRACT

Introduction: The warm up is a very important step in preparing the athlete in both training and competition, an aspect which he is not always given the importance it deserves. Your planning should consider the physical skills and technical gestures that will train. Objective: To determine the post activation potentiation three protocols specific warm. Material and Method: quasi-experimental design study. Four football players, five speed skaters and three volleyball players: twelve male athletes between 17 and 26 years, all national teams from different disciplines were evaluated. They were subjected to three warm-up sessions: multihop (EC1), squat with load (EC2) and more squat jump in contrast (EC3). maximum muscle power post warm-up with 4 specific tests was evaluated. Results: Statistical analysis was performed using ANOVA test comparing the values of the specific heat inputs with muscular power. Finding for EC1: CMJ (31.3+ 5.34), Abalakov (44.5 + 6.64) and CMJ external load of 20 and 50 kilos (14.57 + 1.83, 25.88 + 3, twenty-one); EC2: CMJ (38.28+ 4.95), Abalakov (45.29 + 6.09) and CMJ external load of 20 and 50 kilos (15.05 + 1.92; 25,4+ 2,48) and finally EC3: CMJ (39.42 + 5.59), Abalakov (47.25 + 6.41) and CMJ external load of 20 and 50 kilos (15.25 + 1.89, 27.44 + 3 05). Conclusión: Subjects underwent EC3 have a positive relationship in the maximum muscle power tests.

KEY WORDS
Warm up, muscle power, post activation potentiation