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Impact Of Yogic Training And Classic Strength -Power Training On Musucalr Endurance Among Men Players

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Abstract

Yoga pairs perfectly with all types of workouts, and fitness pros are sharing to pair yoga and strength training (and other workout modalities) in order to reach goals.Classic strength training tools such as dumbbells, barbells and kettlebells. Medicine balls or sand bags – weighted balls or bags. Weight machines – devices that have adjustable seats with handles attached either to weights or hydraulics. Unlike machines, where the movement — and person— are fixed, free weights allow person to work in any range of motion.To achieve this research study, subjects will be select from Jonah College of Physical Education, Aitipamula (village), Kattangur (Mandal) Nalgonda, Telugana 508205. Their ages ranges between 18-22 years. Training period will be 12 weeks. This study consists of two experimental groups and one will be act as Control group. Experimental Group –I acted as Control group, Experimental Group –II Yogic training, Group- III Classic strength –Power Training, each group considered fifteen. For this study two selected muscular endurance variable have been selected, to get accomplish of this research data will be taken pre and post-test. This research data measured by ANACOVA at 0.05 level of confidence. Results showed that there was a significant improvement showed in muscular endurance and this research concluded that there was a significant change in due to the Classic strength –Power Training impact of yogic training, classic strength power training.

keywords: *Yogic training, Classic strength power training,muscular endurance .*

Introduction

Restorative yoga is very passive, and acts as a meditative practice in which you hold poses for a much longer time than some other yoga like vinyasa .Exercises that primarily target the rectus abdominus include hanging leg raises, stability ball crunches, and cable crunches.yoga pairs perfectly with all types of workouts, and fitness pros are sharing to pair yoga and strength training (and other workout modalities) in order to reach goals.Classic strength training tools such as dumbbells, barbells and kettlebells. Medicine balls or sand bags – weighted balls or bags. Weight machines – devices that have adjustable seats with handles attached either to weights or hydraulics. Unlike machines, where the movement — and person— are fixed, free weights allow person to work in any range of motion.

Table-I

ANALYSIS OF COVARIANCE OF DATA ON STRENGTH MUSCULAR ABDOMEN BETWEEN PRETEST AND POSTTEST OF CG, YTG AND CSPTG

Test	CG	YTG	CSPTG	Sov	Sos	df	MS	Obtained 'F' ratio
Pretest								
Mean	20.88	20.89	20.77	B	0.41	2	0.07	0.58
SD	1.31	0.82	1.13	W	50.86	42	1.21	
Posttest Mean	20.89	21.90	21.92	B	10.20	2	5.10	3.26*
SD	1.27	1.06	1.41	W	65.83	42	1.57	
Adjusted Post Mean	20.87	21.86	21.98	B	11.16	2	5.58	7.25*
				W	31.55	41	0.77	

***Significant at 0.05 level of confidence**

The table value required for significance at 0.05 levels with df 2 and 41 are 3.23, 2 and 42 are 3.22 respectively.

The **table -I** shows that the pretest mean value on Strength: Muscular-Abdomen for CG, YTG and CSPTG, were 20.88, 20.89 and 20.77 respectively. The obtained 'F' ratio value 0.58 for pretest scores on Strength: Muscular-Abdomen which lesser than the table value 3.22 for significance with df 2 and 42 at 0.05 level of confidence. The posttest mean values 20.89, 21.90, and 21.92, respectively. The obtained 'F' ratio value 3.26 for posttest scores on Strength : Muscular-Abdomen, which was greater than the table value 3.22 for significance with df 2 and 42 at 0.05 level of confidence. The adjusted posttest mean values on Strength: Muscular-Abdomen CG, YTG and CSPTG, were 20.87, 21.86 and 21.98 respectively. The obtained 'F' ratio value 7.25 for adjusted posttest scores on Strength: Muscular-Abdomen, which was greater than the table for significance with df and 41 at 0.05 level of confidence.

The results of the study showed that there was a significance difference among CG, YTG and CSPTG on Strength : Muscular - Abdomen. However the improvement was in favor of CSPTG.

Since three groups were involved the Scheffe's post hoc test was applied to find out the paired mean difference if any, and it is presented in the above table

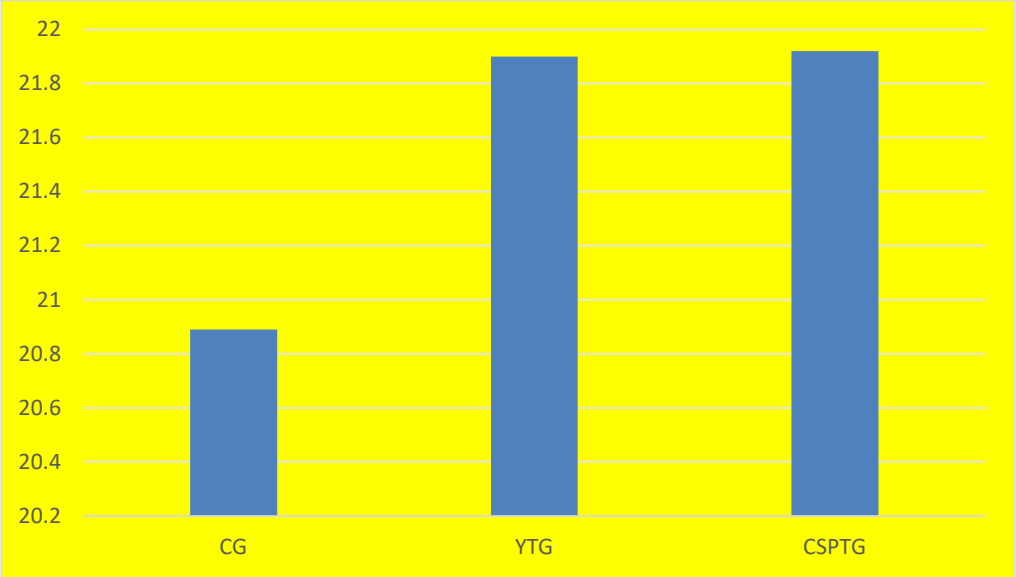
TABLE - II

SCHEFEE'S POST HOC TEST FOR THE DIFFERENCE BETWEEN THREE PAIRED ADJUSTED POSTTEST MEANS OF STRENGTH - MUSCULAR ABDOMEN

Adjusted Post Mean Test			Mean Difference	Confidence Interval
CG	**YTG**	**CSPTG**		
20.87	21.86	-	0.99	0.91
20.87	-	21.98	1.11	0.91
-	21.86	21.98	0.12	0.91

The table shows that the adjusted posttest muscle strength mean difference of CG, YTG and CSPTG, were 20.87, 21.86 and 21.98 respectively. They were greater than the confidence interval value 0.91 at 0.05 level, which indicates that there was a significant difference among all of CG, YTG and CSPTG.

GRAPHYCALLY ADJUSTED POST MEANS OF CG,YTG AND CPSTG ON MUSCULAR ENDURANCE



Results and discussion

There was a significant improvement in musuclar endurance due to yogic and classic strength training among men players. Even reviews supports ti this study.

Mark et.al., 2001 described in ten healthy, untrained volunteers (nine females andone male), ranging in age from 18–27 years, were studied to determine the effects of hatha yoga prac-tice on the health-related aspects of physical fitness, including muscular strength and endurance, flexibil-ity, cardiorespiratory fitness, body composition, and pulmonary function. Subjects were required to at-tend a minimum of two yoga classes per week for atotal of 8 weeks. Each yoga session consisted of 10minutes of pranayamas (breath-control exercises),15 minutes of dynamic warm-up exercises, 50 min-utes of asanas (yoga postures), and 10 minutes of supine relaxation in savasana (corpse pose). The subjects were evaluated before and after the 8-weektraining program. Isokinetic muscular strength forelbow extension, elbow flexion, and knee extension increased by 31%, 19%, and 28% ($p<0.05$), re-spectively,whereas isometric muscular endurance for knee flexion increased 57% ($p<0.01$). Ankle flexibility, shoulder elevation, trunk extension, and trunk flexion increased by 13% ($p<0.01$), 155%($p<0.001$), 188% ($p<0.001$), and 14% ($p<0.05$), respectively. Absolute and relative maximal oxygen uptake increased by 7% and 6%, respectively($p<0.01$). These findings indicate that regular hatha yoga practice can elicit improvements in the health-related aspects of physical fitness. (Prev Cardiol. 2001;4:165–170).

Juliana Costa Shiraishi and Lídia Mara Aguiar Bezerra 2016 study was to verify the effects of a systematized yoga practice on muscular endurance in young women. Twenty six women (24 ± 3.5 years old)

participated in six weeks of yoga classes, and twenty one women (25 ± 5.1 years old) participated as the control group. The yoga intervention was composed of eighteen sessions, three times per week, at 1 h per session. The muscular endurance of upper limbs (push-up) and abdominal (sit-up) was assessed through the protocol suggested by Gettman (1989) [1] and Golding, Myers and Sinning (1989) [2] to the maximum repetitions performed in 1 min. To verify the significant differences intra groups and between groups a SPANOVA was performed, and the level of significance was $p \leq 0.05$. The findings suggest that yoga provides improvement in upper limb and in abdominal muscular endurance.

Jatin P Ambegaonkar et.al., 2012 examined in Physical demands vary among dance styles, and injury patterns differ accordingly. Modern dance tends to be high in upper-body demands, and university-level female modern dancers are suggested to be at high risk for upper-body injury. Low muscular endurance is a known injury risk factor. Whether modern dancers have different upper-body muscular endurance than non-dancers is unclear. Thus, the purpose of this study was to compare upper-body endurance in female university-level modern dancers (n = 17) and physically active non-dancers (n = 15), using the modified push-up test. Pearson-correlations examined relationships between anthropometrics and push-ups. Multiple regression analyses were used to determine whether anthropometrics and physical activity could predict push-up scores. One-way ANOVAs compared upper-body endurance (number of push-ups) and physical activity between groups ($p < 0.05$). Except for height ($r = -.37$), no variables were related to push-ups. Neither anthropometrics nor physical activity were able to predict push-up scores ($p = 0.25$). Despite dancers being more active/day (3.6 ± 1.9 vs. 0.9 ± 0.4 hrs/day, $p < 0.001$), more times per week (5.4 ± 1.2 vs. 4.0 ± 1.8, $p = 0.02$), and having greater overall physical activity volumes (20.4 ± 11.4 vs. 3.3 ± 2.5 hrs/week, $p < 0.001$) than non-dancers, both groups had similar upper-body endurance (22.2 ± 8.6 vs. 19.9 ± 8.2, $p = 0.44$). A probable explanation for this similarity exists in the lack of physical activity beyond dance itself performed by the dancers; our preliminary work suggests that modern dance alone may not produce upper-body muscle endurance gains. Hence, it is suggested that modern dancers should engage in strength and conditioning training programs to enhance upper-body endurance

Santhosh kumar 2016 evaluated in this study was to find the effect of endurance and strength training on the muscular endurance of college men. For this purpose, forty-five men students studying of Annamalai University in the age group of 18 – 23 years were selected. They were divided into three equal groups, each group consisted of fifteen subjects, in which group – I underwent endurance training, group – II underwent strength training and group – III acted as a control group who did not participate in any special training. The training period for this study was three days in a week for eight weeks. Prior to and after the training period, the subjects were tested for muscular endurance. The result proved that endurance training displayed mild improvement but strength training elicited greater improvement in muscular endurance. It is concluded that strength training is more suitable for improving core strength thanendurance training.

David Hughes 2018 described in their research that the capacity for human exercise performance can be enhanced with prolonged exercise training, whether it is endurance- or strength-based. The ability to adapt through exercise training allows individuals to perform at the height of their sporting event and/or maintain peak physical condition throughout the life span. Our continued drive to understand how to prescribe exercise to maximize health and/or performance outcomes means that our knowledge of the adaptations that occur as a result of exercise continues to evolve. This review will focus on current and new insights into endurance and strength-training adaptations and will highlight important questions that remain as far as how we adapt to training.

Conclusion

There was a significant difference improvement in abdominal muscle endurance. Due to yogic and classical strength power training. How soever there was a significant most favor to classical strength power

training group.

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