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### IMPROVING THE PROCESS OF SPECIFIC STRENGTH AND PHYSICAL FITNESS OF ATHLETES THROUGH EXERCISES IN "ZAJA POWER" SPORTS EQUIPMENT

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#### ABOUT ARTICLE

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**Abstract.** The main purpose of using special sports equipment "ZAJA POWER" is to improve the capabilities of special physical, elasticity and vestibular apparatuses of athletes during pre-competition training. This equipment makes it possible to expand the possibilities of improving the necessary physical qualities of wrestlers of different weight categories during training.

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#### INTRODUCTION

The main purpose of using special sports equipment "ZAJA POWER" is to improve the capabilities of special physical, elasticity and vestibular apparatuses of athletes during pre-competition training. This equipment makes it possible to expand the possibilities of improving the necessary physical qualities of wrestlers of different weight categories during training.

We used this equipment during the weekly training of the wrestlers in the following order.

On Monday morning, a special exercise performed on the "ZAJA POWER" sports equipment is performed individually for 2 minutes.

On Tuesday morning, each wrestler works for 2 minutes on the "ZAJA POWER" sports equipment to develop special strength.

On Tuesday, in the evening training, exercise for the development of hand strength on the "ZAJA POWER" sports equipment.

On Thursday morning, each wrestler works for 1 minute on the "ZAJA POWER" sports equipment for developing special strength.

On Friday morning training, with special exercises performed on "ZAJA POWER" sports equipment, each wrestler works for 2 minutes and lasts for a total of 1 hour.

The functions of "ZAJA POWER" sports equipment are as follows:

1. Muscle of the front area of the shoulder
  2. The muscle of the back area of the shoulder
  3. The muscle of the front and back of the elbow
  4. The muscle of the front and back of the wrist
- is to improve its capabilities and indicators.

*Table 3.13*

**Mechanism of use of "ZAJA POWER" sports equipment in training**

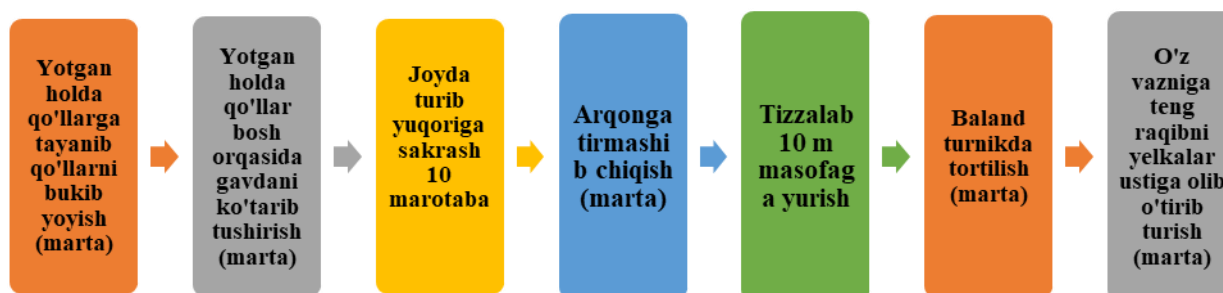
№	Days	Time	Number of attempts	How many times to do it	
				Scroll forward	Roll back
1	Monday	Morning training	Complete in 3 attempts	8-10	5-6
2	Tuesday	Morning training	Complete in 3 attempts	8-10	5-6
		Evening training	Complete in 4 attempts	10-12	6-8

3	Thursday	Morning training	Complete in 4 attempts	6-8	4-5
4	Friday	Morning training	Complete in 3 attempts	8-10	4-6

*Note: Pre-competition microcycle was given*

During the program, weekly training sessions on "ZAJA POWER" sports equipment are aimed at developing the arm muscles of the wrestlers in the experimental group.

Exercises aimed at developing strength in Greco-Roman wrestling. The following sequence of exercises (Fig. 2) was developed, aimed at developing the strength of Greco-Roman wrestlers and forming the requirement to use exercises at a high level of freedom in training by working in the parterre position.



- Lying down, push up by resting on hands (times)*
- Lying down, raising the body by placing hands behind the head (times)*
- Jumping up on the spot 10 times*
- Climbing a rope (times)*
- Walking 10 meters on knees*
- Pulling up on a high bar (times)*
- Lifting a weight equal to your body weight on shoulders and standing (times)*

*Figure 3.20. Strength training exercises*

*These exercises are performed during the week at the end of training.*

Table 3.14

**Program of Exercises Aimed at Developing Strength in Greco-Roman Wrestling**

<b>№</b>	<b>Exercises</b>	<b>Days of the Week</b>	<b>Execution Time</b>	<b>Attempts</b>	<b>Rest Time Between Attempts</b>
1	Push-ups while lying down (times)	Monday, Tuesday, Friday	At the end of the session	3 attempts	45 seconds to 1 minute between each attempt
2	Raising and lowering the body while lying down (hands behind head) (times)	Monday, Tuesday, Wednesday, Thursday, Friday	At the end of the session	4 attempts	45 seconds to 1 minute between each attempt
3	Jumping up on the spot 10 times	Tuesday, Thursday	At the end of the session	2 attempts	45 seconds to 1 minute between each attempt
4	Climbing the rope (times)	Wednesday, Thursday, Saturday	At the end of the session	3 attempts	45 seconds to 1 minute between each attempt
5	Walking 10 meters on knees	Monday, Friday	At the end of the session	2 attempts	45 seconds to 1 minute between each attempt
6	Pull-ups on a high bar (times)	Monday, Tuesday,	At the end of the	3 attempts	45 seconds to 1 minute

		Wednesday, Thursday, Friday	session		between each attempt
7	Lifting an opponent equal to body weight onto shoulders and sitting down (times)	Monday, Tuesday, Wednesday, Thursday, Friday	At the end of the session	3 attempts	45 seconds to 1 minute between each attempt

**A Set of Exercises Aimed at Developing Strength in Greco-Roman Wrestling Has Been Developed and a Weekly Program Has Been Designed.** This program is performed at the end of each training session throughout the week.

**Special Strength-Developing Exercises.** The exercises shown in the diagram are intended to develop the strength of Greco-Roman wrestlers and are designed to help athletes freely perform specific exercises that focus on working in the parterre position (on the mat) during training. These special exercises are performed in the following sequence depending on the athletes' level of mastery. The first exercise begins with "Grabbing the opponent by the waist and lifting and lowering to both sides." After mastering this skill, athletes move on to the exercise "Lifting and lowering the opponent by holding them under both arms while standing with legs wide." Once they have acquired the skills for this exercise, they proceed to the next set of exercises, namely: "Grabbing the opponent by the waist from the front and rotating them to both sides," "Lifting the opponent onto the shoulders and sitting down," "Performing wave-like movements while resting on hands and feet," and "Performing push-ups in pairs while resting on hands."

Additionally, before moving on to the next scheduled exercise in each session, previously learned skills are reinforced by repeating the exercises that were covered and mastered in previous sessions.

Taking the above information into account, a sequence of exercises aimed at developing Greco-Roman wrestlers' ability to freely use specific techniques during training and competitions—thus increasing the point value from 2 to 4 points in the parterre position—has been developed using the "Sferbled" method (Figure 3).

According to this, each pair of exercises is learned and performed together during training sessions. For instance, in the initial training sessions, the exercises "Pull-ups on a high bar" and "Throwing over the shoulder within 15 seconds" are learned together. Once the athletes master this pair of exercises, the training moves on to learning the pair "Climbing the rope" and "Throwing over the chest within 15 seconds." Afterward, athletes proceed to "Push-ups while lying down" and "Throwing over the neck within 15 seconds," followed by "Lifting an opponent equal to one's body weight onto the shoulders and sitting down" and "Throwing over the waist within 15 seconds"; "Raising and lowering the body while lying down (hands behind the head)" and "Throwing over the shoulder within 15 seconds"; "Jumping up on the spot 10 times" and "Turning over from the parterre within 15 seconds"; as well as "Walking 10 meters on knees" and "Flipping by holding the waist in reverse within 15 seconds."

#### **CONCLUSION:**

To learn the techniques of throwing the opponent to the parterre and flipping them in the parterre during a competition, as well as to develop skills for applying them in complex situations, exercises such as somersaults, exercises resembling the chest-over-throw method, exercises performed with the help of a partner while in motion or standing still, and flexibility-developing exercises performed individually have been scientifically substantiated in the special training program. The ratio of these exercises and the intensity at which they are performed were also determined.

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