EFFECT OF COMPLEX TRAINING ON SERUM PROTEIN ELECTROPHORESIS AND PERFORMANCE LEVEL OF YOUTH WRESTLERS

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**Abstract**

**Purpose.** Complex training is a workout comprising of a resistance exercise followed by a matched plyometric exercise .The logic behind these matched pair of exercises is that the resistance work gets the central nervous system (CNS) into full action so that more Type IIb fibres are available for the explosive exercise, hence a better training benefit. The purpose of the present investigation was to describe the effects eight weeks of complex training on serum protein electrophoresis and performance level of youth wrestlers.

**Methods.** Twenty students from faculty of physical education (age 17.8 +/- 1.9 years) participated in this study. The sample was distributed equally into two groups, the experimental group contains (10 students) and the control group contains (10 students), the experimental group participated in the complex training program for eight weeks and the control group participated in the traditional program that used in the faculty. All participants completed the tests before and after the 8-week programs.

**Results.** The data revealed that significant improvement in serum protein electrophoresis and performance level of youth wrestlers.

**Conclusions.** The findings indicated that the complex training for eight weeks could an increase in power and improvement of the performance level of the wrestling basics. These results have to be taken into account by teachers in order to better understand and implicated of these concepts in educational lessons.

**Key words:** complex training, protein, wrestling.