



EFFECT OF ANIMAL FLOW EXERCISES ON STRENGTH AND CO-ORDINATION AMONG SCHOOL LEVEL MALE BOXERS

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Abstract:

This article explores the effect of Animal Flow Exercise to develop strength and co-ordination among boxers. For this study 13 School boys students' age ranges from 11 to 15 years has been taken. Subjects were given animal flow exercise training for three months. 't' test was used for statistical analysis with significance level of 0.05. From the analysis it is found that there is a slight changes among the athletes on their strength and co-ordination. Also this study creates an impact among athletes to impart new training in their schedule in order to develop their physical components.

Key Words: Animal Flow Exercise, Strength, Co-Ordination and Boxers.

Introduction:

Day by day, new training methods and techniques are emerging at a faster rate. In order to improve sports training components and enhance athletic performance, Animal Flow exercises have been introduced to athletes (Frost et al., 2015). This study aims to investigate the effect of holistic movement practices among boxers to develop strength and coordination. By developing strength and coordination, athletes can strike punches more effectively, and eye-hand coordination and footwork can also be improved (Clark et al., 2019).

Animal Flow Exercise:

Animal flow is a ground-based, bodyweight movement that combines elements of yoga, gymnastics, and animal-inspired movements to create a dynamic, bodyweight workout. This fitness practise is designed to improve mobility, strength, and overall wellness through actions that mimic the movements of animals. Animal Flow is a type of workout that combines elements of various movement patterns inspired by animal locomotion. It highlights fluid, natural movements to improve strength, flexibility, movement, and coordination (Fitch & Bozic, 2020). Exercises mimic the way animals move (e.g., crawling like a bear, jumping like a frog) to engage multiple muscle groups. This type of training has been shown to enhance functional movement efficiency (Santana & Vera-Garcia, 2018).

Strength:

Strength refers to the ability of a muscle or group of muscles to exert force against resistance. It is an important component of physical fitness and can be measured in various ways, including maximal strength, endurance, and power (Kraemer & Ratames, 2004). Strength training plays a crucial role in combat sports, improving punch force and overall performance (Keogh & Winwood, 2017).

Co-Ordination:

Coordination is the ability of the athlete to perform movements allowing for correct execution of techniques. For example, hand-eye coordination and hand-leg coordination are critical aspects of boxing performance (Clark et al., 2019). Functional movement training significantly improves coordination, reducing the risk of injuries and enhancing movement efficiency (Myer et al., 2011).

Objectives of the Study:

To study the effect of animal flow exercise on strength and co-ordination among male boxers.

Hypothesis:

There will be a significant improvement in the selected Strength and Co-ordination due to animal flow exercise training among school male boxers.

Methodology:

A single-group experimental design was used for this study. 13 boxers aged between 11 to 15 years from various schools in and around Coimbatore, were selected using a simple random sampling technique. The training was conducted four days per week for three months (Chinsaz & Khajehlandi, 2018). The Sitting Medicine Ball Throw Test was used to assess upper body strength, while the Wall Toss Test was used to measure eye-hand coordination (Keogh & Win wood, 2017). A pre-test and post-test were conducted for the experimental group using standardized tests. After the pre-test, the training intervention was introduced, lasting 90 minutes per session, including warm-up, training, and stretching (Thompson, 2022).

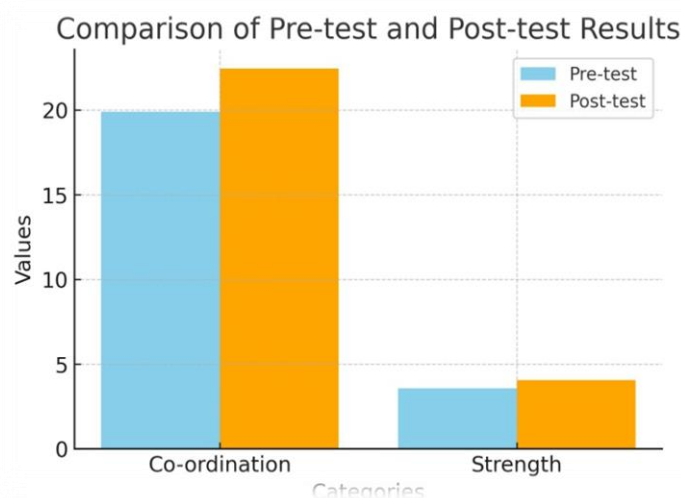
Statistical Analysis and Findings:

The data obtained during pre-test and post-test was then statistically analysed by using paired 't' test with significance level 0.05.

Table 1: Relationship of Mean, SD and 't' values of Co-ordination and Strength between pre-test and post-test of experimental group

Variables	Test	Mean	SD	't' Values
Co-Ordination	Pre-Test	19.92	4.95	5.037
	Post-Test	22.46	4.40	
Strength	Pre-Test	3.58	1.09	5.581
	Post-Test	4.05	1.06	

* Significant at 0.05 level of confidence



From the above graphical representation it clearly shows that there is a significant difference in strength and co-ordination among male boxers due to training. Hence, H_1 : There will be a significant improvement in the selected physical components due to animal flow exercise training among male boxers, is accepted.

Findings and Discussions:

From the analysis and interpretation of data obtained, this training helps to develop the strength and co-ordination among male boxers. By comparing the scores of pre-test and post-test, pre-test score is lower than the post-test. Thus, it clearly shows that by practicing animal flow exercise can improve the strength and co-ordination among male boxers (Behm et al., 2017).

Conclusion:

From the obtained statistical analysis and graphical representation it is concluded that there is a significant difference on strength and co-ordination among schools level male boxers age ranged 11 to 13 years due to animal flow exercise training.

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