THE EFFECT OF USING ARTIFICIAL OXYGEN INHALATION DURING THE DAILY TRAINING PERIODS ON SOME PHYSICAL VARIABLES FOR YOUNG JUJITSU PLAYERS

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ABSTRACT

The importance of the research in improving the level of physical performance of the geophysics players, as it is one of the violent sports in which the athlete makes an effort to implement the correct performance during training and competition, which needs oxygen to continue practicing, which can be provided through artificial oxygen and in appropriate quantities that suit comfort and performance.

The problem of research in providing oxygen to the geophysics players during training and competition is one of the important and essential things to maintain the level of performance and reduce fatigue.

The research objectives were:

Recognizing the effect of using artificial oxygen inhalation during the daily training periods on some physical variables for young Jujitsu players.

The most important conclusions were reached

1. The use of artificial oxygen inhalation during the daily training periods is important and essential to restore the elements of energy and the ability to raise the level of some physical variables for young Jujitsu players.

2. Rest periods using artificial oxygen help to speed up the player's ability to perform appropriate repetitions in the physical aspect, and this helps the development of young jujustua players.

It was recommended:

1. Adopting the use of artificial oxygen inhalation during the daily training periods, as it is important and essential for restoring energy elements and the ability to raise the level of some physical variables for young Jujitsu players.

2. Emphasizing in training the use of artificial oxygen inhalation during the daily training periods because it is important and essential for restoring energy elements and the ability to raise the level of some physical variables for young Jujitsu players.

I. RESEARCH DEFINITION

Introduction and importance of research

A person thrives when he has the requirements of a healthy life based on scientific foundations, studies and research that provide the requirements of that healthy life from the physical, physiological and functional aspects in order to be able to practice his daily activities, whether for a natural or athletic person. As the athlete and the achievements he will achieve with the quality of his game, he must have a healthy, physiological and functional aspect that rises to the level of achieving sporting achievement.

Therefore, the science of sports training and sports physiology are intertwined with each other, and it is not possible to provide any type of training unless it is related to the physiological aspect of the player and the
specificity of the game. Therefore, playing training that is related to the specificity of the game, including the
game of jujisto, will reveal to us how important this training is in the player’s progress in the complementary
physiological aspect to his athletic level.

Training burns food according to the amount of physical load that helps blood flow and nutrition to the working
muscles according to the percentage of effort, and thus the body's defenses against physical oxidation will be
generated through the generation of antioxidants that rid the body of free particles generated from the metabolism
process.

One of the important things in providing energy and continuing sports training is that oxygen remains at its
natural level inside the athlete’s body during training or competition because it reduces the oxygen debt and the
available oxygen works on combustion and providing the necessary energy in addition to ridding the body of acid
waste resulting from muscle effort. Hence the importance of research in improving the level of physical
performance of the geophysics players, as it is one of the violent sports in which the athlete makes an effort to
implement the correct performance during training and competition, which needs oxygen to continue practicing,
which can be provided through artificial oxygen and in appropriate quantities that suit comfort and performance.

Research problem

Providing oxygen to the geophysicists during training and competition is one of the important and essential things
to maintain the level of performance and reduce fatigue, and due to the adoption of most of the coaches in
providing natural oxygen through positive rest, inhalation while walking or moving the air with a tissue in front
of the face of the geophysicist player, but this does not provide sufficient oxygen and increase the rest period
Quickly, and this is what the researcher revealed through his modest experience as a judo player and president of
the Jujustua Federation (a mixture of judo and karate), he noticed the weakness of the physical level necessary
for this game and the player's ability to perform continuously.

So I decided to study this research problem and work to make the player use inhalation of artificial oxygen during
the daily training periods and know the extent of its effect on the physical aspect of the Jugestua players.

Research aims:

1. Recognizing the effect of using artificial oxygen inhalation during the daily training periods on some
   physical variables for young Jujitsu players.

2. Identifying the differences between the results of the pre and post tests for the two experimental and
   control groups on some physical variables for the young Jujitsu players.

3. Recognizing the results of the differences in the post-tests between the control and experimental groups
   on some physical variables for the young Jujitsu players.

Research hypotheses

1. There are significant differences between the results of the tribal and remote tests and in favor of the
   results of the post tests on some physical variables for the young Jujitsu players.

2. There are significant differences in the results of the post-tests between the control and experimental groups,
   and in favor of the experimental group, on some physical variables of the young Jujitsu players.

Research areas:

1. The human sphere: young jujitsu players.


3. Time range: for the period from 2/6/2020 to 8/8/2020

II. THEORETICAL STUDIES:

Oxygen therapy (5:148)

Athletes often face our “oxygen” during training because of the high level of oxygen consumption associated
with their training. (Draken 1978) explained that when the level of oxygen saturation decreases to (85%) from the
normal level, it leads to a decrease in the athletes’ concentration level for a limited period of time. Either if the saturation level decreases to (75%) of the normal level, it leads to the athletes suffering from a decrease in the level of their muscle strength as well”, while they can suffer from a decrease in the level of their physical activity and be exposed to depression as well” when the level of oxygen saturation decreases to a percentage (70%) of the normal level, and in order to overcome the state of decreasing the level of oxygen saturation and re-equip the body with oxygen, the athletes must perform many breathing exercises, as well as “inhaling a quantity of artificial oxygen before and after training and racing and during rest periods between exercises, which helps in restoring the level of normal oxygen to the body.

**Jiujitsu game:**

This game means "Brazilian Japanese wrestling, which is a martial art that depends on engagement, especially on the ground, with the aim of obtaining a suitable position on the opponent, through which the opponent is forced to surrender, threatening to break one of the joints or suffocate, and it was adopted by the samurai (the royal guard Japanese) as the highest form of self-defense and considered a way of life, this art form highlighted the symbol of their behavior known as bushido-e (Warrior's Way) (7:13).

The Japanese teacher named Jigoro Kano in the year 1882 AD, transformed the art of jujutsu from the style of wrestling to a sport he called judo. As a kind of sport and a method of self-defense. Kano emphasized two mottos: maximum effectiveness with minimum effort, as well as mutual benefit. Judo grew in popularity, and in the early twentieth century AD, it became a compulsory subject in Japanese schools. Kano also introduced this sport in other countries, after the end of World War II in 1945 AD, judo began its largest period of prosperity outside Japan, and judo gained world recognition as a major sport in 1964 (9:2).

Research methodology and field procedures:

**Research Methodology**

The researcher used the experimental method with the design of equivalent groups (control and experimental) to suitability in solving the research problem and achieving its objectives.

**Research community and sample**

The research community was determined by the intentional method represented by Al-Hodood Sports Club (Baghdad), which numbered (20) players.

(12) players were selected and they are within one classification and they were divided into two samples (control and experimental) and the number of each total became (6) players, thus forming a percentage of (60%) of the research community, after which each sample was homogenized separately and the two groups were equal in the research variables As in Table (1).

Table (1) shows the homogeneity and equivalence of the two samples in the research variables

<table>
<thead>
<tr>
<th>Indication level</th>
<th>Calculated t value</th>
<th>control group</th>
<th>experimental group</th>
<th>Measurements and tests</th>
</tr>
</thead>
<tbody>
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<td>0.046</td>
<td>162.335</td>
<td>162.235</td>
<td>Height/cm</td>
</tr>
<tr>
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<td>52.235</td>
<td>52.748</td>
<td>Weight / kg</td>
</tr>
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<tr>
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<td>17,894</td>
<td>Explosive force of the legs /m</td>
</tr>
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<td>12,745</td>
<td>Speed characteristic of the arms /</td>
</tr>
<tr>
<td>Speed characteristic of the legs/meter</td>
<td>Bearing force for arms/number</td>
<td>Leg strength/number</td>
<td>Kinetic speed of the arms/number</td>
<td>Kinetic speed of the legs/number</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>-------------------------------</td>
<td>--------------------</td>
<td>---------------------------------</td>
<td>---------------------------------</td>
</tr>
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<td>4.287</td>
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<td>10,658</td>
</tr>
<tr>
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<td>3.989</td>
<td>0.745</td>
<td>18,674</td>
</tr>
<tr>
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<td>3.403</td>
<td>0.865</td>
<td>25,412</td>
</tr>
<tr>
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<td>2.425</td>
<td>0.867</td>
<td>35.745</td>
</tr>
<tr>
<td>insignificant</td>
<td>0.152</td>
<td>3.144</td>
<td>0.954</td>
<td>30,336</td>
</tr>
</tbody>
</table>

Tabular value (T) at the degree of freedom (10) and below the level of significance (0.05) = 2.23

Information collection methods:

1. **Data collection methods:**
   1. Arab and foreign sources.
   2. The tests used.

2. **Tools and devices used:**
   1. Hour stopwatch.
   2. Medical scale.
   4. Small oxygen bottles.
   5. Mask for inhalation.

### III. FIELD RESEARCH PROCEDURES:

1. **Determining the search variables:**
   The researcher reviewed the sources and references related to quality and previous research, noting the necessary physical variables for the jiujitsu players, which he believes are necessary for the study and development.

2. **Tests used:**

1. **Test the explosive power of the arms (3:110)**
   - Test name: Medical ball throwing test weighing (3) kg with hands over the head from a sitting position on a chair
   - The objective of the test: To measure the explosive force of the arms and shoulders.
• Tools: a medicine ball of weight (3) kg, a measuring tape and a chair with a strap that fixes the torso and is tight.

• Performance specifications: The laboratory sits on the chair and the medical ball is carried by hands above the head and the torso is adjacent to the edge of the chair. The belt is placed around the laboratory torso and held from the back by means of a tight grip for the purpose of preventing the laboratory from moving forward during the throwing of the ball with two hands so that the process of throwing the ball with hands only without using the trunk. Each laboratory has three attempts, scoring the best of them.

• Scoring method: The distance between the front edge of the chair and the nearest point the ball places on the ground is calculated.

2- Testing the explosive power of the legs (3: 114)

• Test name: Long jump from stability.

• The objective of the test: To measure the muscular strength of the legs (explosive power).

• Tools: a suitable place to bounce, tape measure, colored pieces of chalk.

• Description of the test: The tester stands behind the starting line. The tester starts by swinging the arms back with the knees bent and leaning forward a little.” Then he jumps forward as far as possible, by extending the knees and pushing the feet with swinging the arms forward.

• Recording: The measurement is taken from the starting point to the nearest point left by the laboratory in any part of its body, provided that it is perpendicular to the elevation line.

3- To test the speed characteristic of the arms. (2:149)

• Test name: Arm flexion and extension test (from the forward leaning position) (10 seconds)

• The objective of the test: To measure the speed characteristic of the muscles of the arms. Unit of measure: number of times

• Description of performance: From the front-facing position, noticing that the body is in the correct position, bend the arms and then fully extend them.

• Tools used: stopwatch.

• Recording: The number of times the arms are bent and extended correctly within (10) seconds.

4- The speed test for the two legs: KazemJaber (2:150)

• Test name: Forward long jump test for (10) seconds.

• The purpose of the test: - To measure the strength characteristic of speed for the legs.

• Tools: tape measure - stopwatch - pitch - whistle

• Method of performance: - The tester stands behind the starting line and when he hears the whistle, he makes a stabilization forward, then the distance he traveled is measured within (10) seconds.

• Conditions: No part of the body should touch the ground except the feet.

• Make every effort by the laboratory to record the largest possible distance

• Test administration: A timer that gives the start signal and calculates the time taken to perform the test.
• Recording: The laboratory records the largest distance traveled during the test time (10) seconds and is given three attempts, and the rest period between one attempt and the other is (5-7) minutes to restore recovery and record the best attempt.

5- Strength endurance test of the arms (4:236)

• Purpose of the test: To measure the endurance of the muscles of the arms and shoulders.

• Performance: From an inclined prone position, the tester bends the elbows until it touches the ground with the chest, and then returns again to an inclined prone position, repeating the performance as many times as possible.

• Notes:
  • It is not allowed to stop while performing the test.
  • Notes the straightness of the body during the performance stages
  • The need for the chest to touch the ground when performing
  • Recording: records the number of valid attempts made by the tester

6- Leg strength endurance test (4:237)

The purpose of the test: To measure the endurance of the muscles of the legs.

Tools: Two posts connected by a rubber rope (parallel to the ground) 50 cm high. This tool is placed behind the laboratory during performance.

Performance specifications: From a standing position, palms intertwined behind the neck and knees bent in half. The tester jumps high to parallel the horizontal rope with the feet, then descends in place and bends the knees in half until the horizontal rope is parallel to the seat, repeating this work as many times as possible.

7- Notes
  • The jumping level should be so that the feet are parallel to the horizontal rope.
  • The level of the knees should be bent so that the butt is parallel to the horizontal rope.
  • The body must be completely straightened when jumping high.
  • The jump is in the vertical direction.
  • Any performance that violates the previous attempt will be canceled.
  • Recording: records the number of valid attempts made by the tester

8- Kinetic speed test of the arms: (1:105)

• Test name: arm movement speed in the horizontal direction

• Objective of the test: To measure the kinetic speed of the arms

• Test description: A device consisting of two wooden circles lined with leather and placed horizontally so that the distance between them is (24) inches. The device is placed on a table at an appropriate height. The tester sits in front of the device at a distance of (8) inches. When he hears the start signal, he touches the flat, i.e. the right circle with his fingertips by touching the left flat with the same hand (the cycle) this action is repeated as many times as possible in (20 seconds) with a stopwatch

• Recording: Counts the number of cycles performed by the laboratory in 20 seconds
Kinetic speed of the legs: (1:106)

Test name: Test the speed of man's movement in the horizontal direction:

Objective of the test: To measure the kinetic speed of the legs

Performance description: A device is a plate on which a crossbar is installed in the middle, length (46.08) cm, and height (15.36) cm, so that it is placed perpendicular to the panel, so that the tester is placed on a chair in front of the device and the foot is on the right side when the signal is heard. The tester transfers the foot to the left sides of the device from above the crossbar, and then returns it to the right side (and thus has made a full turn), repeating this action as many times as possible in twenty (20) seconds.

Recording: The laboratory calculates the number of cycles it has completed in twenty seconds.

Scientific basis for the tests:

Standardized tests were used, which have honesty, stability and objectivity, and applied to the same age group and the Iraqi level.

Survey experience:

On 2/6/2020, the researcher conducted an exploratory experiment on the original research sample by applying a set of exercises used for the purpose of legalizing the training load and identifying the components of the pregnancy such as intensity, size and comfort, and knowing how to use artificial oxygen and specific periods of inhalation.

Field experience:

Tribal tests: Tribal tests were conducted on 12/6/2020

Training used:

The inhalational oxygen bottles were configured with the number of experimental sample players, and the sufficient time for inhalation was determined during the training periods at rest between repetitions and totals and at the end of training.

A set of specialized and physical exercises has also been developed, and the components of the appropriate training load have been developed according to the requirements of the jiu jitsu game.

In terms of intensity (80-90%) and in a size identical to the intensity, either comfort only, the time for inhalation was programmed from (1-3) minutes.

The exercises were applied in the main section of the trainer’s training units (Appendix 1) and during the special preparation period, and the number of units was (24) training units at a rate of (3) units per week, applying days (Sunday, Tuesday and Thursday), for rest, and the training was implemented on 13/6/2020 and ended on 7/8/2020

Posttests: Post tests were conducted on 8/8/2020

Statistical means: The SPSS system was used and the following was addressed:

Arithmetic mean

Standard deviation.

Variation coefficient.

T-test for correlated samples.

T-test for uncorrelated samples.
Presentation, analysis and discussion of the results:

Presentation of the results of the pre and post tests of the control group for the tests used.

Table (3) shows the differences between the pre and post arithmetic means in the tests used for the control group

<table>
<thead>
<tr>
<th>Indication level</th>
<th>Calculated t value</th>
<th>Standard error</th>
<th>Dimensional p</th>
<th>s</th>
<th>Tribal p</th>
<th>s</th>
<th>the exams</th>
</tr>
</thead>
<tbody>
<tr>
<td>moral</td>
<td>3.099</td>
<td>0.241</td>
<td>0.357</td>
<td>2.994</td>
<td>0.325</td>
<td>2.247</td>
<td>Explosive force of the arms / meter</td>
</tr>
<tr>
<td>moral</td>
<td>2.993</td>
<td>0.151</td>
<td>0.452</td>
<td>1.687</td>
<td>0.221</td>
<td>1.235</td>
<td>Explosive force of legs / m</td>
</tr>
<tr>
<td>moral</td>
<td>4.241</td>
<td>0.029</td>
<td>0.689</td>
<td>12.668</td>
<td>0.535</td>
<td>12.545</td>
<td>Speed characteristic of the arms / number</td>
</tr>
<tr>
<td>moral</td>
<td>2.803</td>
<td>0.447</td>
<td>0.658</td>
<td>11.998</td>
<td>0.478</td>
<td>10.745</td>
<td>Speed characteristic of the legs / meter</td>
</tr>
<tr>
<td>moral</td>
<td>4.346</td>
<td>0.557</td>
<td>0.457</td>
<td>20.878</td>
<td>0.652</td>
<td>18.457</td>
<td>Bearing force for arms / number</td>
</tr>
<tr>
<td>moral</td>
<td>4.609</td>
<td>0.448</td>
<td>0.869</td>
<td>27.689</td>
<td>0.784</td>
<td>25.624</td>
<td>Leg strength / number</td>
</tr>
<tr>
<td>moral</td>
<td>4.47</td>
<td>0.586</td>
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<td>7.884 3</td>
<td>0.689</td>
<td>35.264</td>
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</tr>
<tr>
<td>moral</td>
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<td>0.532</td>
<td>0.447</td>
<td>32.145</td>
<td>0.425</td>
<td>30.265</td>
<td>Kinetic speed of the legs / number</td>
</tr>
</tbody>
</table>

*Tabular value (T) at a degree of freedom (5) and under a probability of error (0.05) = 2.57

Presentation of the results of the pre and post tests of the control group for the tests used.

Table (4) shows the differences between the pre and post arithmetic means in the tests used for the experimental group

<table>
<thead>
<tr>
<th>Indication level</th>
<th>Calculated t value</th>
<th>Standard error</th>
<th>Dimensional p</th>
<th>s</th>
<th>Tribal p</th>
<th>s</th>
<th>the exams</th>
</tr>
</thead>
<tbody>
<tr>
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<td>3.257</td>
<td>0.257</td>
<td>2.412</td>
<td>Explosive force of the arms / meter</td>
</tr>
<tr>
<td>moral</td>
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<td>0.196</td>
<td>0.332</td>
<td>2.103</td>
<td>0.257</td>
<td>1.523</td>
<td>Explosive force of legs / m</td>
</tr>
<tr>
<td>moral</td>
<td>4.149</td>
<td>0.461</td>
<td>0.651</td>
<td>14.658</td>
<td>0.654</td>
<td>12.745</td>
<td>Speed characteristic of the arms / number</td>
</tr>
<tr>
<td>moral</td>
<td>5.06</td>
<td>0.512</td>
<td>0.447</td>
<td>13.578</td>
<td>0.457</td>
<td>10.658</td>
<td>Speed characteristic of the legs / meter</td>
</tr>
<tr>
<td>moral</td>
<td>3.27</td>
<td>1.227</td>
<td>0.567</td>
<td>22.687</td>
<td>0.745</td>
<td>18.674</td>
<td>Bearing force for arms / number</td>
</tr>
<tr>
<td>moral</td>
<td>30.61</td>
<td>1.314</td>
<td>0.687</td>
<td>29.441</td>
<td>0.865</td>
<td>25.412</td>
<td>Leg strength / number</td>
</tr>
<tr>
<td>moral</td>
<td>4.414</td>
<td>0.845</td>
<td>0.667</td>
<td>39.475</td>
<td>0.867</td>
<td>35.745</td>
<td>Kinetic speed of the arms / number</td>
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<tr>
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<td>34.123</td>
<td>0.954</td>
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<td>Kinetic speed of the legs / number</td>
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</tbody>
</table>

*Tabular value (T) at a degree of freedom (5) and under a probability of error (0.05) = 2.57

Presentation of the results of the post-tests between the control and experimental groups of the tests used.

Table (5) shows the differences in the dimensional arithmetic means in the tests used for the group between the control and experimental groups.
### Analyze and discuss the results.

By noting Table (2) and Table (3), we found that there are significant differences for the control and experimental groups in the tribal and remote tests, and this is evidence of a development in the physical side as a result of the physiological effect, which is due to the training used and affected positively, as it increased the vitality and activity of the functional organs that were not the body’s cells carry more than it can bear. The training curriculum reduces the breakdown of body cells, and this is consistent with what was stated (Brites. 1999) “that sports programs are one of the factors that cause oxidation, this means that well-studied, organized and diverse programs will contribute to achieving biochemical education in the body and from Then the homogeneous stability of fitness practitioners (8: 81-96).

The reason for the development of the control group is also due to the continuous training and targeted exercises related to the physical aspect of the Jiu-Jistu players, and this indicates the success of the training programmed by the coach, who helped to come up with an appropriate approach for him in raising the physical variables of the Jiu-Jistu players, which was clearly reflected in their performance in the post-tests better. Among the tribal tests, which is why Muhammad Ali Al-Qatt (1999) mentions, “The success of the training curricula is measured by the extent of progress achieved by the athlete in the type of sports activity practiced and through the achieved skill, physical and functional level, and this depends on the adaptation that the athlete achieves with the training curriculum that he applied.” (6:12)

In Table (5), it was found that the experimental group is better than the control group as a result of paying attention to artificial respiration and giving the players the appropriate oxygen for the occurrence of functional adaptation and the return of energy elements, because this helps training with the occurrence of the type of functional adaptation, as “it is the process of adaptation that occurs to the functional system begins with exposure to the physical load leading to disturb the state of internal balance by causing a depletion of energy and an increase in capacity and functionality” (10: 830).

The training and use of rest using oxygen and in an atmosphere similar to the atmosphere of competition will occur a specialized physical development of the atmosphere of the game of. With a period of rest and regular exercise it has health benefits and induces a balance between oxidative effort and antioxidant enzymes (11:315).

### IV. CONCLUSIONS AND RECOMMENDATIONS:

#### Conclusions:

1. The use of artificial oxygen inhalation during the daily training periods is important and essential to restore the elements of energy and the ability to raise the level of some physical variables for young Jujitsu players.

2. Rest periods using artificial oxygen helps to speed up the player's ability to perform appropriate repetitions in the physical aspect, and this helps the development of young jujustua players.
Recommendations:

1. Adopting the use of artificial oxygen inhalation during the daily training periods, as it is important and essential for restoring energy elements and the ability to raise the level of some physical variables for young Jujitsu players.

2. Emphasizing in training the use of artificial oxygen inhalation during the daily training periods because it is important and essential for restoring energy elements and the ability to raise the level of some physical variables for young Jujitsu players.

3. Conducting similar studies on the use of artificial oxygen inhalation during training periods, and knowing its effect on other physical variables for young Jujitsu players.

REFERENCES

10. Shabert.jk. Winslow. Lacey Jm. WilmereDw.op,cit,.

SUPPLEMENT (1)

Training unit template

Week: first

Intensity: 80%

Training unit: 1

Total exercise time: 20-22 minutes

<table>
<thead>
<tr>
<th>Section</th>
<th>time per minute</th>
<th>exercise</th>
<th>the size</th>
<th>Comforts</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>2.52</td>
<td>Performing push-ups on the wall with both arms in an inclined position for one minute.</td>
<td>2x3</td>
<td>between iterations</td>
</tr>
<tr>
<td></td>
<td>2.32</td>
<td>Performing push-ups on the wall with the legs from the front seat for a period of (one minute)</td>
<td>2x3</td>
<td>between groups</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>A fight with the colleague for a period of (2 minutes)</td>
<td>1x3</td>
<td>artificial oxygen respiration</td>
</tr>
<tr>
<td></td>
<td>2.32</td>
<td>Run in place by raising the knee.</td>
<td>2x3</td>
<td>(1-2 minutes)</td>
</tr>
<tr>
<td></td>
<td>3</td>
<td>We fight with the colleague again for one (1) minute</td>
<td>1x3</td>
<td>artificial oxygen respiration (2-3 minutes)</td>
</tr>
</tbody>
</table>

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