Immediate effect of dynamic and ballistic stretch as a warm up routines on the muscular performance among the normal subjects

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Abstract:

[**Purpose**] To determine the acute effect of dynamic stretching on vertical jump height and also to determine the acute effect of ballistic stretching on vertical jump height.

[**Methods**] Thirty normal subjects ranged in age from fifteen to twenty years were participated in this study.

The study group A (10) and B (10) received Dynamic stretch, Ballistic stretching for 15rep for 3set for muscle group of plantar flexors, hip extensors and knee extensor of both leg.

Group C (10) is control group receives only warm up exercise.

Vertical jump(VJ) height is measured in pre and post intervention (as an outcome measure of muscular performance).

[**Results**] A statistical analysis is done from the data collected using paired and unpaired t-test.

t value 2.100 and P <0.05

The entire three groups have shown statistically significant improvement in the vertical jump height. In addition, ballistic stretches have better improvement than the other two groups.

[**Conclusion**] Results states that all the three groups has shown significant improvement the Vertical jump performance among the untrained men.

The Ballistic stretching has superior hand in improving the Vertical jump performance than the dynamic and control groups.

Key words: dynamic stretch, **ballistic stretch and vertical jump**.

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