

**VERTICALLY DIRECTED THROWS OF THE MEDICINE BALLS  
AN EXERCISE, MODELING THE POWER ACTIVITY OF WORKING  
THE MUSCLES OF THE HANDS IN WRESTLERS OF STYLE WITH A  
CLIP FOR THE BELT**

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**ABSTRACT**

In this article, there are shown the example of wrestlers on belts that the level of speed-power endurance “for a while”, estimated by the sum of the vertical throws of a stuffed ball and by the data of their heart rate value, turned out to be higher than the lower their weight category, and when this load is fulfilled “to refusal ” manifestations of this quality were more significant among wrestlers with a larger weight category.

**Keywords:** Belt wrestlers, weight category, speed-strength endurance, isokinetic exercises, stuffed ball throws, heart rate, pulse cost.