

POSSIBILITIES OF SYMMETRIZATION OF THROWS PERFORMED BY YOUNG WRESTLERS ON THE RIGHT AND LEFT WITH A SUBSEQUENT DECREASE IN THE LEVEL OF THEIR HYPOXIC VALUE

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ABSTRACT

The following article highlights research into the possibility of symmetrization of young wrestlers' throws on the right and left with a consecutive decrease in the level of their hypoxic value during a 6-month experience. A program of conjugate exercises was developed and used in the course of the experiment with the help of which a certain symmetrization of the performance of wrestling techniques to the right and left was achieved followed by a decrease in their hypoxic value.

Keywords: Wrestlers, throws on the right and left, symmetrization, hypoxic value.