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The training effect is specific to the Maxex method to develop the maximum strength and explosive power of young lifters

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Abstract

The continuous development has made the recorded numbers and the great achievements achieved in the game of weightlifting soon to be recorded until new numbers are achieved and so on, and all this is the result of continuous training and using the latest modern and innovative training methods and methods, and given the dependence of the sport of weightlifting on two important factors (muscle strength and performance art) was the harmony, consistency and cooperation between different sciences in the development of muscle strength through functional and training foundations, and directing this strength towards technical performance with correct paths. The use of the muscle force of the quadrant within the motor paths through which we work to optimize the investment of this force by reducing the resistance moment resulting from the weight, increasing the output of the force exerted by the weightlifter during the lifting of the weight upwards and reducing the horizontal force compound towards the vertical vehicle of the force. The importance of training lies in scientific foundations, including the reliance on building a training curriculum in the style of Maxex to develop the maximum strength and explosive power of young lifters.

This is what prompted the research to enter within these variables and work to build a training curriculum in the style of Maxex comprehensive of all these scientific variables, and to prepare a training curriculum in the style of Maxexto develop the maximum strength and explosive power of young lifters. Then identify the extent to which the Maxex style training curriculum has influenced the development of maximum strength and explosive power of young lifters. As for the research hypotheses, there are statistically significant differences between the pre- and post-tests in the members of the research sample of the experimental group and in favor of the post-test, and there are statistically significant differences between the pre- and post-tests in the individuals of the research sample of the control group and in favor of the post-test, as well as there are statistically significant differences between the post-tests of the two research groups and in favor of the experimental group. The researcher used the experimental approach with the design of the control and experimental groups, and the research sample included the players of Diyala Club and their number (16) quarters divided equally into two control and experimental groups, and then the researcher conducted the exploratory experiments on the research sample to identify the negatives that may accompany the main experiment, and then the field procedures for the research were started from pre-tests and the implementation of the prepared approach and the conduct of post-tests, and after extracting the results were statistically processed for the purpose of analysis and discussion.

Keywords: Maxex drills, **maximum strength, explosive power**

1- Definition of research

1-1 Introduction and importance of research

The continuous scientific development of various sciences hasbrought about many changes in all areas of life, and a limit of these fields of sports field with its various sciences and different sports, and from these sports is the sport of weightlifting and the achievements of this sport represent a wonderful embodiment of the continuous scientific synergy, that one of the most important requirements that helped in Reaching the upper levels is the use of modern training methods that work to develop functional devices and special physical abilities that are the basis for the advancement of the game, represented by muscular strength and types such as maximum strength, explosive ability and others. Training on such important elements helps the quarterbacks to reach global achievements through modern training methods and the application of any training curriculum, whether a period (general or special preparation or competitions) must depend on the mechanism of performance as well as the energy production systems used, whether this game depends on a specific system or two systems independent of each other or even on the mixed system and the goal of using energy production systems within these events is the need to reach To the state of overcompensation, not reaching the state of exhaustion, and achieving the requirements of athletic achievement and functional adaptation of the quarterback.

This is what prompted the research to enter within these variables and work to build a training curriculum in the style of Maxexcomprehensive of all these scientific variables.

The importance of training lies in scientific foundations, including the reliance on building a training curriculum in the style of Maxex to develop the maximum strength and explosive power of young lifters.

The sport of weightliftinghas a special training similar to other sports, as it depends on the development of special physical abilities represented bymaximum strength and explosive ability, and work to develop these variables in order to improve achievement and achieve records within this event

1.2 The problem of research, through the researcher's modest field experience, he noticed the existence of some problems, the most important of which is the lack of focus on the development of maximum strength and reducing the percentage of focus on aspects of explosive power within the special physical abilities, and for his sake the researcher decided to enter into this problem through the preparation of a training curriculum in the style of Maxexto develop the maximum strength and explosive power of young lifters.

1.3Research Objectives

1- By preparing a training curriculum in the Maxex method to develop the maximum strength and explosive power of young lifters,

2 - Identify the extent of the impact of the training curriculum in the style of Maxexto develop the maximum strength and explosive power of young lifters.

1.4 Research hypotheses There are statistically significant differences between the pre- and post-test tests in the individuals of the research sample of the experimental group and in favor of the post-test, as well as there are statistically significant differences between the pre- and post-tests in the individuals of the research sample of the control group and in favor of the post-test, and there are statistically significant differences between the post-tests of the two research groups and in favor of the experimental group.

-4Research areas

4.1Human field: Karkh Sports Club players for weightlifting youth category

4-2. **Time Zone :** For the period from 1/2/2022 to 9/5/2022

4-3 For the spatial field: Weightlifting hall for Karkh Sports Club

2.1 Theoretical Studies

MAXEX Training Style Concept

Both Tudor Bompa & Michael Carrera see a training method that integrates the elements of maximum power and explosive power at once, as well as works on physiological and physical manipulation of the element of maximum strength, which is based on the achievement and production of explosive power for the purpose of developing Riyadh performance.

Muscle strength

Muscle strength is one of the essential elements of fitness associated with athletic performance, namely: the ability of a muscle to excite as many fibers as possible in the muscle in order to overcome multiple external resistances, as defined by Nolan Thackstone as: the ability of a muscle or muscle group to exert maximum force against a particular resistance, and can also be defined as: (the maximum effort that can be produced in order to make a muscle contraction). The importance of muscle strength in athletes lies in its association with some of the elements that make up fitness such as: ability, or energy required by the nature of sports performance, where these sports activities require the production of rapid strength, and they are also related to speed, especially the transitional speed in swimming and running activities, as the increase in the momentum of the foot towards the ground increases the length of the running step, and the tensile force in swimming increases the rush of the body forward, so both the increase in thrust force or tensile lead to speed Cut the distance in the shortest possible time. Muscle strength is also related to the element of endurance, especially in physical activities that require the continuation of strong muscular work such as: boxing and wrestling, and is also related to the general health of the person, where it develops muscle harmony of the body, the strength of the muscles of the back prevents exposure to herniated disc, and the strength of the abdominal muscles increases the resistance to pressure of the internal viscera, which limits the appearance of the rumen, in addition to giving the body a good appearance.

- Special exercises

There are many opinions about the concept of exercise because of the multiplicity of its purposes, exercise means learning and that each learning has the goal of rapid progress in terms of physical, mental and increased motor and technical learning of the human being, every work done by man must have a goal and in order to achieve it must choose the appropriate means, and this is achieved only through the exercise to perform the same effectiveness , through which we can develop theabilities Special exercises, represented by physical and motor abilities, special exercises are organized and purposeful movements through which you get the development of physical, motor and skill abilities in the field of RiyadhJ, through the above we can say that special exercises are a training educational method to apply the skill taught and training on it, scientists have differed in the definition of special exercises each according to his point of view, Mark Rippetoe has seen that "that Special exercises are an interrelated group within the training unit B the training curriculum and the total exercises The training unit and exercise are also a performance known time and repetition and development occurs only through the exercise of performance which leads to the physical development and skill of the player" [1] and also defined (Cedric X 2010) as "is a phrase of Multiple performance-specific exercises performed by the individual in a regular sequence of difficulty in order to acquire the physical aspects and skills "[2]The exercise is a physical practice that has various objectives such as: skill, physical, recreational and therapeutic goals with a special form of time, intensity and appropriate repetition through its association with the methods and methods of training and learning and in a way that serves the desired goal, so we call it special exercises, where we find the type of sports activity practiced by the individual that aims to achieve the highest levels is Which determines the type of physical and skill components necessary for sports activity, as there is a close link between the development of physical components and the development of motor skills, special physical exercises are more difficult exercises than general physical exercises, not specific to a particular performance.The correct scientific method must be followed in the development of

1- Mark Rippetoe ; starting strength : (USA, Wichita Fall,texas,2005) p189.
2- Cedric X ; ACE Personal Trainer Manual : (USA, American Council on Exercise,2010) p455.

exercises and the way they are practiced in terms of intensity, size, comfort or repetition of performance according to the requirements of the exercises, and all this is done based on the objectives set for the educational and training units, all The movements performed by the individual during sports activity are necessary to be based on a certain goal, and to achieve the desired goals of physical and sports activity so we resort to the use of exercises that develop physical, motor and skill abilities.

physical abilities

The term physical abilities is one of the most common terms in the sports arena not only at the level of specialists in this field, but has extended to the discussions of the general public and has become one of the most important features of the era of technology that physical abilities have become a basic requirement for the individual in the face of the danger resulting from the lack of movement carried out by man and the spread of modern civil diseases such as heart disease, atherosclerosis, high blood pressure, obesity and the problems that result from them...

Physical abilities have become a fundamental element for most of the peoples of the world because of their health, psychological and social effects, and today the concept of physical abilities has become more clear and used in civilized countries and is almost an alternative medicine for many people and an important factor for the individual's sense of vitality, health, activity, and reducing the pressures of life, which is one of the important goals of physical abilities emphasized by specialists in the field of sports.

It has become imperative for the twentieth century man to make a great effort to struggle with the burden of life and its problems, both sweet and bitter, as man was in the past before the era of the machine and the dependence oncars with high physical efficiency and excellent physical ability gained from his daily life in the IAD, from which we are far from today. He would plow the land and travel miles on foot. There are many experiments and research on many professions

characterized by limited mobility such as employees who Their work requires sitting at desks for long periods of time and housewives who do not work with their own hands relying on machine and maids and the results have resulted in the fact that they are more frequent: heart disease, arteries, common colds, obesity, and blood pressure due to the lack of movement of these professions.

Many scientists have tried to define physical ability, and several definitions have emerged that illustrate the concept of physical abilities.

Qassem Hassan and Mansour Jameel (1988) explain that physical ability is "the amount of physical and functional readiness of an athlete to work."[1]

Abu al-Ula (1986) pointed out that "physical abilities constitute the cornerstone in the development of motor skills for sports activity."[2]

Bastoisi (1999) believes that "physical abilities have a view that is directly related to specialized activity such as strength, speed, and explosive dura."[3]

The researcher believes that physical abilities havean effective and very important role in the preparation of athletes and their preparations to compete in the boxing event did not require this event from the high specificity of physical abilities.

From the above, we can say that the goal of physical abilities is to improve the body's ability to face the physical requirements of the event, in addition to the possibility of facing more difficult physical challenges in emergency situations or through the performance of physical effort such

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[1] - Qasim Hassan and Mansour Jameel; Fitness and methods of achieving it , (Baghdad, Higher Education Press, 1988), p. 29.

[2] - Abu al-Ula Ahmed Abdel Fattah; Selection of talented people in the field of sports , (Cairo, Arab Thought, 1999), p. 40.

[3] - Bastoisi Ahmed; Foundations and theories of sports training , (Cairo, Dar al-Fikr al-Arabi, 1999), p. 502.

as training or sports competitions. The purpose is to develop physical ability that depends on the set of physiological processes and is influenced by the psychological aspects of the individual, and to this end physical abilities try to achieve parity between these two factors.

2- Research methodology and field procedures :

2.1 Research Methodology

The researcher used the experimental methodology with two equal groups to suit the nature of the research .

2.2 Research Sample:

The sample was selected by the deliberate method and by lottery method, as their total number reached (20) weightlifters, (4) lifters were entered in the exploratory experiment and (16) quadrants in the main experiment and were divided into two control and experimental groups equal in number. Each group contained (8) lifters who implemented the training curriculum prepared by the researcher Wen on the experimental group and under their supervision only, while the control group was implemented on it the curriculum prepared by the trainer.

Table (1)

Homogeneity of some indicators of the members of the research sample

Pronounced like t	Variables	Q·	-+ GS	Broker	Torsion coefficient
1	Chronological age (year)	19.3	0.6	19	1.5
2	Training Age (Year)	4.4	0.66	4.5	- 0.454

3. Devices, tools used and means of collecting information

2.3.1 Devices and tools used

Sett weightlifting, wooden floor (drum) with rubber pieces (Chinese manufacture), iron straps of different heights, medical scale to measure weight and height together (Chinese industry), medical ball weighing (3)kg , tape measure.

2.3.2 Means of collecting information

Arab and foreign sources and references, testing and measurement, registration forms for tests for lifters, statistical means.

2.4 Sample equivalence

The researcherconducted the equivalence between the members of the research sample for the two groups (experimental and controlled) in order to find out the extent of equivalence of the two groups in all variables except the experimental variable for the purpose of returning the differences that may occur to the experimental variable on the experimental group at the end of the period of application of the training curriculum.

Table (2)

Shows the equivalence of the research sample through the scores of the two groups, the calculated and tabular value of Man Whitney, the level of significance and the significance of the differences for the pre-physical tests of the experimental and control groups

Statistical significance	Tabular (j) value	Smallest value for (j)	Experimental Group Control Group ($_{J2}$) (J1)		audition	Pronounced like t
Insignificant	18	20	30	20	Throw the medical ball (3kg) forward	1
Insignificant		23	23	28	Vertical jump of stability	2
Insignificant		24	24	34	My back bent my knees down and then get up (squat).	3
Insignificant		23	34	23	Front pressure exercise from standing Medium hand opening with chest width from the strap	4

2.5 Search procedures

3.5.1 Reconnaissance

The reconnaissance experiment was conducted on a sample of (4) lifters who were excluded from the main experiment.

3.6 Pre-tests

The pre-tests of the members of the research sample were conducted in Taekh (2/2/20 22) and the official figures achieved by the sample members were recorded and confirmed.

3.7Training Curriculum

The training curriculum for research, which consists of (36) training units of (4) training units per week and for a period of (9) weeks and for the period from 4/2/2022 to 4/5/2022 within the period of special preparation close to the mafsat, the researcher has adoptedone in the preparation of the training curriculum in the style of Maxex to develop the maximum power and explosive ability For young lifters to work in this training method to integrate the elements of maximum power and explosive power into one taking into account the intensity, size and comfort in accurate scientific methods and foundations that work to achieve the objectives of the research

3-8 pre-test

The post-tests were conducted for the members of the research sample after the completion of the application of the training curriculum that was implemented on the experimental group, the researcher took into account the circumstances very close to the conditions in which the pre- and post-tests were performed, they were conducted on (6/5/2022) the tests were conducted and the researcher was very keen to apply similar conditions in the pre- and post-tests.

3.10 Statistical means

Mean Calculation, Median, Standard Deviation, Torsion Coefficient, Wilcoxen Test, Man Whitney Test

3- Presentation, analysis and discussion of the results:

Table (2) Presentation, analysis and discussion of the results of the pre- and post-tests for the experimental group of maximum strength tests

Significance of differences	**Tabular value (f)**	**The smallest value for (f)**	**Experimental Group**			**auditions**	**Pronounced like t**
			and(-)	and(+)	Unit of Measurement		
Spiritual	**3**	**zero**	**36**	**zero**	**Maximum weight**	My back bent my knees down and then get up (squat).	1
Spiritual	**3**	**zero**	**36**	**zero**	**Maximum weight**	Front pressure exercise from standing Medium hand opening with chest width from the strap	2

As for the maximum strength tests, Table No. (2) showed us the existence of significant differences for the experimental group, where the value of (f-) (36) while the total ranks (and+) (zero) and since the value of (f) the minimum is (zero), and by revealing (f) tabular below the level of significance (0.05) amounted to (3), which indicates the existence of significant

differences for the experimental group in the test of the frontal pressure exercise of standing the opening of the hands medium width of the chest of The second bracelet to measure the maximum strength of the muscles of the two legs, it reached (and +) rank (zero) and reached (f-) rank (36) and since the smallest value of (f) is (zero) and the value of (f) tabular is (3) below the level of significance (0.05), which indicates the significance of the differences between the pre- and post-tests of the group and this confirms the validity of the first hypothesis of the research. Experimental. Through the data shown in Table 3, which showed the significance of the differences in the maximum strength tests . Researcher Wen attributes The significance of the differences to the training method adopted by the researcher Wen which aims to develop the special strength within different exercises that have had a great impact on the development of maximum strength, the researcher worked to develop them through the scientific foundations to which the training method was subjected, which are represented by intensity, size, comfort and repetition. If he sees (Dan Smith 2015)" adopts this method

Training on various functional movements and different high-intensity activities using time and intensity at once and that the purpose of this diversity is to achieve the best development of the elements of physical fitness" and this is confirmed by (Dived Sadier 2005) "that weightlifting training and kinetic technique for lifting kidnapping and nitrification works to develop maximum forces as well as maintain the elements of speed and strength at once in the phase of weight pulling, so we have to emphasize the use of training methods that work to develop this property Within the two lifts"

Table (3) Presentation, analysis and discussion of the results of the pre- and post-tests of the experimental group of tests of explosive ability

Significance of differences	Tabular value (f)	The smallest value for (f)	Experimental Group			auditions	Pronounced like t
			and(-)	and(+)	Unit of Measurement		
Spiritual	**3**	**1**	**35**	**1**	**M**	**Throw the medical ball backwards (3kg)**	1
Spiritual	**3**	**zero**	**36**	**zero**	**M**	**Vertical jump of stability**	2

The results in Table (3) indicate the existence of significant differences for the experimental group, where the total negative ranks (35) while the total positive ranks (1) and since the value of (f) the minor is (1), and by detecting (f) tabular below the level of significance (0.05) amounted to (3), which indicates the existence of significant differences for the experimental group in the test of throwing the medical ball (3 kg) back within the tests of explosive power, as for the vertical jump test of stability to measure The explosive power of the muscles of the two legs has reached (f+) rank (zero) and (f-) rank (36) and since the smallest value of (f) is (zero) and the value of (f) tabular is (3) below the level of significance (0.05), which indicates the significance of the differences between the pre- and post-tests of the experimental group. Through the above presentation and analysis of the results of the pre- and post-tests of the experimental group, the researcher achieved the first hypothesis of the research hypothesis using the Wilcoxen test for small samples. By presenting the results that appeared in Table (2) that proved the significance of the differences between the pre- and post-tests of the experimental group, the researcher attributed the significance of the differences achieved in the tests of explosive ability for several reasons, the most important of which is that the exercises for weightlifting within the method of Maxex prepared by the researcherWen had a great impact on the development of the explosive ability of young lifters and this is confirmed (Lee E. Brown 2007) "The development of explosive ability stems from special exercises called weightlifting exercises, as these exercises bring many benefits to all levels and that the work on these exercises will achieve the production of strength and speed, that is, the ability produced by force and speed has special benefits directed within the special ability" Moreover, the most important way to develop explosive ability is to be within weight training for the purpose of developing two elements of speed with strength at once, so the researcher harnessed the method of Maxex, which develops explosive power emanating from maximum power, and this is what Bompa & Carrera 2005 asserted, "It is

very necessary to give maximum strength training before power training, i.e. explosive power, because explosive power emanates from maximum power."

Boy deploy 2000, noting that "there are training methods called explosive training, can be achieved through Olympic weightlifting exercises, consisting of kidnapping and nitrification lifts, which in turn serve to achieve the best results in the development of explosive ability," Harvey Newton (2002) describes that "these training groups of weightlifting exercises have a great impact on the development of the weight training." Explosive and that improves the level of achievement" This is what concerned the moral differences in the test of explosive ability.

Table (4) Presentation, analysis and discussion of the results of the pre- and post-tests to the control group of maximum strength tests

Significance of differences	**Tabular value (f)**	**The smallest value for (f)**	**Control** Group			**auditions**	**Pronounced like t**
			and(-)	and(+)	Unit of Measurement		
Spiritual	**3**	**3**	**33**	**3**	**Maximum weight**	My back bent my knees down and then get up (squat).	1
Spiritual	**3**	**2**	**34**	**2**	**Maximum weight**	Front pressure exercise from standing Medium hand opening with chest width from the strap	2

As for the maximum strength tests,Table (4) showed us the existence of significant differences for the control group, where the value of (f-) (3) while the total ranks (and+) (33) and since the value of (f) the smallest is (3), and by detecting (f) tabular below the level of significance (0.05) amounted to (3), which indicates the existence of significant differences of the post-test in a post-bear test bending the knees down and then getting up (squat). Within the maximum strength tests, as for the test of the frontal pressure exercise of standing the opening of the hands medium with the width of the chest of the strap to measure the maximum strength, it reached (and+) rank (3) and reached (f-) rank (3 4) and since the smallest value of (f) is (2) and the value of (f) tabular is (3) below the level of significance (0.05) which indicates the significance of the differences between the pre- and post-tests of the control group, this confirms the validity of the second hypothesis of the research. The researcher attributed the significance of the differences in the pre- and post-tests of the control group in the maximum strength tests to the specificity of the game training, and the researcher agrees with him, as he explained (Michael Boule 2004) that "most studies have proven that the best and safest way to develop maximum strength is training that is in nature dependent on the production of abilities" (Lori Indedon 2005). She believes that "the sport that has a training style that works to develop the maximum strength is working

to develop special abilities" while William & Keijo (2002) pointed out that "the sport that is subject to a liter of weightlifting dippat is currently one of the best sports distinguished in the generation of maximum strength and the achievement of resistance by training, that is, it works to spread the manifestations of strength and resistance within the science of sports training and this is what recent studies have proven that such training is what surrounds such training. All games in the development of maximum power"

Table (5) Presentation, analysis and discussion of the results of the pre- and post-tests to the control group of explosive ability tests

Significance of differences	**Tabular value (f)**	**The smallest value for (f)**	**Control Group**			**auditions**	**Pronounced like t**
			and(-)	and(+)	Unit of Measurement		
Spiritual	**3**	**2**	**34**	**2**	**M**	**Throw the medical ball backwards (3kg)**	1
Spiritual	**3**	**3**	**33**	**3**	**M**	**Vertical jump of stability**	2

The above results in Table No. (5) indicated the existence of significant differences for the control group, as the total negative ranks reached (34) while the total positive ranks (2) and since the value of (f) the minor is (2), and by revealing (f) tabular below the level of significance (0.05) amounted to 3), which indicates the existence of significant differences for the control group in the test of throwing the medical ball (3kg) back within the tests of explosive strength, as for the vertical jump test of The stability to measure the explosive force of the muscles of the legs has reached (and +) rank (3) and reached (f-) rank (33) and since the smallest value of (f) is (3) and the value of (f) tabular is (3) below the level of significance (0.05), which indicates the significance of the differences between the pre- and post-tests of the control group, and through the above mentioned presentation and analysis of the results of the pre- and post-tests of the control group, the researcher achieved the second hypothesis of the research hypotheses using the Wilcoxen test for small samples.

The results in Table (5) indicated the moral significance of the differences in the explosive strength tests of the pre- and post-test of the control group, as the researcher attributed the significance of the differences to these tests to the continuous and regular training of the control group and that this continuation is of great importance in the development of the explosive power of the lifters and this is confirmed (Donala A.1996). "Regular training on scientific bases leads to the development of physical abilities, taking the right amount of rest after high physical effort will help to restore an essential part of energy, meaning it will help to continue training as much as possible and then the body will be in its greatest readiness to perform maximum

exercises associated with the elements of strength and speed" (Bill forna 2001) believes that "continuous training on the development of physical ability has a great impact on the development of explosive power" In addition, the researcher attributes the morality of the differences To the exercises used within the curriculum followed and their important role in the development of special abilities and this is what Dave Bellomo (2010) pointed out "Difficult exercises bring value to the physical effort exerted as they work to develop special strength, the most important of which is the explosive force, especially the lower part of the body."

Through the foregoing, the researcher agrees with Bill foran (2001) that continuous training works to develop physical abilities that have a great impact on the development of special strength.

Table (6) Presentation, analysis and discussion of the results of the post-tests for the experimental and control groups of maximum strength tests

Significance of differences	**Tabular (j) value**	**Smallest value for (j)**	**Experimental Group** **Control Group** **($_{J1}$) (J2)**		**audition**	**Pronounced like t**
Spiritual	**18**	**10**	**28**	**10**	**My back bent my knees down and then get up (squat).**	**1**
Spiritual		**13**	**25**	**13**	**Front pressure exercise from standing Medium hand opening with chest width from the strap**	**2**

The results in Table (6) indicate the existence of significant differences between the experimental and control groups and in favor of the experimental group, where the value of (j) is the smallest (10), and by revealing (j) tabular (18), which indicates the existence of significant differences for the experimental and control groups in a posterior bear test bending the knees down and then getting up (squat). Within the maximum strength tests, as for the test of the front-pressure exercise of standing the opening of the hands medium with the width of the chest of the strap, the smallest value of (j) is (13) and the value of (j) tabular is (18), which indicates the significance of the differences between the two post-tests of the experimental and control groups. Through the above presentation and analysis of the results of the two post-tests of the

experimental and control groups, the researcher achieved the third hypothesis of the research hypotheses using the Man Whitney test for small samples.

The researcherattributed the significance of the differences in the dimensional tests of the experimental and control groups of maximum strength to the specificity of weight training, which works to develop the elements of strength and speed together, and this is confirmed by (Ben Reuter 2012) "Most recent studies have confirmed that the lifting of kidnapping and clen is one of the most important lifts that work to develop maximum strength" while (Gray Cook 2003) believes that "one of the most important exercises that work to develop maximum strength It is the lifting of the Klein in the sport of weightlifting depending on the application of the correct technique for this lifting" while (George.et-al 1998) believes that "it is usually recommended to use weightlifting exercises to develop the elements of maximum strength in training programs because of the very high ability of weightlifting training in the development of the element of strength and speed and that these exercises are very necessary for all sports as well as are characterized in improving the production of physical and functional abilities" and through the above the researcher agrees with (George.et-al 1998) That weightlifting exercises have the ability to develop the element of maximum strength and that these exercises are very necessary for all sports as well as have the ability to improve the production of physical and functional abilities.

Table (7) Presentation, analysis and discussion of the results of the post-tests for the experimental and control groups of explosive power tests

Significance of differences	Tabular (j) value	Smallest value for (j)	Experimental Group Control Group ($_{J1}$) (J2)		audition	Pronounced like t
Spiritual	**18**	**16**	**20**	**16**	**Throw the medical ball backwards (3kg)**	1
Spiritual		**14**	**22**	**14**	**Vertical jump of stability**	2

The above results in Table (7) indicate the existence of significant differences for the experimental and control groups and in favor of the experimental group, where the value of (j) is the smallest (16), and by revealing (j) tabular (18), which indicates the existence of significant differences for the experimental and control groups in the test of throwing the medical ball (3kg) backwards within the tests of explosive ability, while for the vertical jump test of stability, the smallest value of (j) is (14) and the value of (j) tabular It is (18) which indicates the significance of the differences between the two post-tests of the experimental and control groups and through the above mentioned presentation and analysis of the results of the two post-tests of the experimental and control groups, the researcher achieved the third hypothesis of the research hypotheses using the Man Whitney test for small samples. The researcherattributed the significance of the differences of the experimental group to the training method that I undergone, which is represented by Maxex training, which includes weightlifting exercises, which seemed to have achieved this development, and this is what he confirmed (Georg & Bob 2003) that one of the "most important exercises that work to develop the explosive poweris the weightlifting exercises, which are represented by the Olympic lifting of kidnapping and clene, as these exercises work to develop the weight training. The explosive system of the muscle groups in the body" as well as the type of system to which these exercises were subjected, which is represented by the anaerobic

system, which is one of its own systems for the development of the infusive ability that works to develop explosive ability and this is what Alley pointed out (Thomas & Roger 2005) where he said, "If you are serious about developing explosive ability, you should not give exercises subject to the aerobic system in the aspect of this development because the exercises within the development of this ability in general need weights Heavy helps to improve muscle strength and this is what applies to anaerobic system training" As for (Donalo A. 1998) he sees "aerobic ability is a valuable element in the development of physical fitness in general, but anaerobic ability is an element of greater value in the development of explosive ability, which deals with the element of tri-adenucine stored in the muscle, which works in a cycle to achieve these exercises" Through the above, the researcher sees the significance of the differences that occurred in the posterior tests of explosive abilities. The experimental and control groups said that the two groups underwent the same extreme stress that worked to achieve the development of explosive power, as well as the researcher's agreement with Donalo A. 1998 that aerobic ability is a valuable element in the development of physical fitness in general but anaerobic ability is an element of greater value in the development of explosive ability.

4- Conclusion:

In the light of the results of the research, the researcher concluded that the Maxex method, which contains the aspect of diversity by emphasis, worked on the development of maximum power and explosive power, that training in the style of Maxex had a direct impact on the development of maximum power and explosive power, that the development that accompanied the maximum force had an impact on the development of the maximum force. Explosive power, the exercises that underwent the anaerobic system had a direct impact on the development of maximum strength and explosive power.

The researcher recommended to emphasize the use of the Maxex method in the sport of weightlifting as the latest modern training methods, the necessity of working within the style of Maxex of a diverse nature of events within the different stressors, stressing on the trainers conducting the training process the need to develop the physical and functional levels in the training method used, circulating such a study to all weightlifting teams For the need to inform workers in this field of such a study for the purpose of developing training capabilities, the need to conduct studies similar to such a current study within Maxex

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Sample training modules in Maxex style

Unit No. (1)

Pronounced like t	Exercise	Severity, repetition, and combinations
1	Thabit's kidnapping	70% ، 80% × 2 ، 90% × 2 3 2 1
2	Jerk split from the strap in front of me	80% ، 85% ، 90% ، 100% ×3 3 2 2 1
3	Wide pull for kidnapping	100% × 3 ، 70% 2 4
4	Bear me behind me.	80% ×2 ، 90% × 2 ، 95% 2 1 1
5	Rear compression exercise from the strap	100% × 3 1
6	Collateral ventricular training	2 × 10

Unit No. (2)

Pronounced like t	Exercise	Severity, repetition, and combinations
1	Kidnapping Thabit + Sitting	90% × 4% of fixed kidnapping 1+ 1
2	Klein Sitting + Jerk	80% ×4 1+1
3	Withdraw Clen	100% × 3 3
4	Bear me in front of me.	80% ×2 ، 90% ×3 ، 95% ، 105% ×2 2 1 1 1
5	Front pressure with iron (medium opening) of the strap	100% × 5 above the head 1
6	Ventricular training	3 × 10