



## FSEM / WFATT 2014



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The sporting hip, groin and hamstring – a complete picture  
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### **SCI 136 Comparison between different dynamic warm-up protocols on anaerobic exercise performance in male athletes.**

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**Introduction:** Usage of a dynamic warm-up (DWU) has replaced static stretching as the warm-up of choice for many athletes. Recent research has investigated usage of a weighted dynamic warm-up (WDWU) as a means of enhancing performance. The aim of this study was to compare a DWU with a WDWU using a weighted vest equivalent to 10% of an individual's body mass and its effect on anaerobic performance. **Methods:** Fifteen (n=15) athletes completed a repeated measures randomised controlled study. Following familiarisation, each participant returned for testing on four separate occasions to investigate a single outcome measure during each visit. The outcome measures investigated were vertical jump (VJ), standing long jump (LJ), 20m sprint time and a modified Illinois speed agility test. Data were analysed using a repeated measures ANOVA with Tukey post-hoc analysis completed as required. **Results:** Improvements in VJ, LJ and 20m sprint performance were detected ( $P < 0.05$ ) following both warm-up conditions when compared to baseline. No significant differences were identified in the modified Illinois speed agility test data following either warm-up when compared to baseline. No significant differences were detected between DWU and WDWU in any of the outcome measures assessed. **Conclusion:** A DWU can enhance an athlete's VJ, LJ and 20m sprint times but does not result in improved speed agility performance. The addition of a weighted vest, equivalent to 10% of body mass, does not result in improvements in anaerobic exercise performance when compared to a non-weighted DWU.