

# The Effect of Skilled CrossFit Physical Exercises in the Development of Muscle Strength and Performance Endurance to The Snatch Grip of Young Wrestlers.

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- **Abstract:** The aim of the research is to: The research aims to prepare basic skill exercises in a cross-fit manner to develop muscle strength and endure performance for the kidnapping grip of young wrestlers and to identify the statistical differences between the pre- and post- tests of both the control and experimental groups with muscle strength and withstand performance for the snatching grip of young wrestlers. And to identify the statistical differences between the post-tests between the control and experimental groups with muscle strength and the performance tolerance of the kidnapping grip of young wrestlers. The two researchers used the experimental approach in the style of equal groups to suit the nature of the research, and the research community consisted of (12) young wrestlers who were distributed into two groups, the process of homogeneity and equivalence between them was postponed using appropriate statistical means. The researchers used tests for muscular strength and endurance performance. The cross-fit exercises prepared by the researchers were applied to the research sample for a period of 12 weeks, where he conducted pre-tests before the curriculum and post-tests after completing the application of the curriculum. The data were treated statistically using appropriate statistical methods for the study. The two researchers concluded that cross-fit exercises had a great impact on developing muscle strength (maximum strength - force characteristic of speed - endurance force - endurance performance) for the experimental group, which led to the development of muscle strength in all its forms and the development of performance endurance to grip in a better way than traditional exercises. Used by the control group.
- **Keywords:** post-tests, traditional exercises, kidnapping grip