

Acute Effects of Dynamic versus Static Stretching on Aneorobic Power and Muscle Damage of WrestlersAsim Cengiz¹, Bilal Demirhan², Faruk Yamaner³ and Ridvan Kir⁴¹United States Sports Academy, USA²Ondokuz Mayıs University, Samsun, Turkey³Hitit University, Department of Physical Education and Sports, Çorum, Turkey⁴Bartın University, Department of Physical Education and Sports, Bartın, TurkeyE-mail: ¹<acengiz@studentsussa.edu>, ²<bilaldemirhan55@gmail.com>,³<yamanerf@hotmail.com>, ⁴<ridvankr@yahoo.com>**KEYWORDS** Wingate. Fatigue. Peak Power. Creatine Kinase. Relative Power

ABSTRACT The purpose of the present study is to investigate the acute effects of static and dynamic stretching protocols (3 minutes stretching) on a maximal anaerobic Wingate Test (WT) of wrestlers. Fifteen male wrestlers (age, 23.2 ± 2.6 years; body mass, 79.2 ± 10.7 kg) volunteered to participate in the study. Peak power, mean power, and average powers of the subjects were assessed during the Wingate test (WT) after static stretching and dynamic stretching. CK (creatine kinase) values were obtained before and after each stretching protocol. Two WT were performed after stretching. Data analysis included paired t-tests. It was found that dynamic stretching caused more power deficits than static stretching and CK (creatine kinase) values of wrestlers increased more with dynamic stretching. Dynamic stretching caused significant decrease in power as compared to static stretching, considered to be because of different duration of stretching and continuous dynamic activity may have caused exercise induced muscle damage.