



مجلة جامعة ذي قار لعلوم التربية البدنية

مجلة علمية محكمة تصدرها كلية التربية البدنية وعلوم الرياضة



*Exercises using the varimax device and the impact on the abilities and technical performance of the Arab jump on the jumping table device for juniors*

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Article history:

Received: 20/ 2/ 2025

Received in revised form: 21/ 3 /2025

Accepted: 21/ 3/ 2025

Published online: 11/4/ 2025

Keywords:

VertiMax  
muscle strength,  
gymnastics

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**ABSTRACT**

Varimax is an effective tool in sports training, contributing to the development of basic physical skills such as explosive power, speed, balance, and agility, which are essential elements of gymnastics. Bringing the player to a high level of performance is a necessary step to prepare him for competitions, which highlights the importance of research in employing modern devices to enhance the physical requirements necessary to implement the Arab jump skill on the jumping table device, which contributes to improving the performance of players and achieving advanced levels in this sport.

Research problem: Most training centers in the governorates suffer from a lack of modern and advanced equipment that helps coaches develop the level of players, as they still rely on traditional means and the coach's individual capabilities in finding training solutions. Hence, the researcher sought to use the VertiMax device as an innovative solution to develop physical abilities, which may have a direct positive impact on the performance of the Arab jump skill among junior gymnastics.

Research Objective: The research aims to study the impact of exercises using the VertiMax device in developing physical abilities and improving the performance of the Arab jump skill on the jumping table among juniors in gymnastics.

As for the conclusions: The results showed that the use of modern devices such as VertiMax contributes significantly to reducing the time and effort required to develop performance, which facilitates the training process for both coaches and players, and enhances the effectiveness of training programs