

## **Study of the effectiveness of six-week upper body strength training programme on upper body strength of baseball players in Sri Lankan Tri Forces**

Yasas D.L.C.<sup>1</sup>, Sirimuthu N.M.S.<sup>1\*</sup>, Fernando A.L.K.R.<sup>1</sup>

<sup>1</sup>*Department of Sports Science, Faculty of Applied Sciences,  
University of Sri Jaywardenepura, Gangodawilla, Nugegoda, Sri Lanka*

The purpose of this study is to determine the effectiveness of an upper body strength training programme to increase upper body strength of baseball players of the Tri Forces in Sri Lanka. Thirty athletes, aged ( $29 \pm 7$ ) and BMI ( $24 \pm 1$ ) were recruited for a 6-week training programme. Before commencing the programme, athletes were randomly assigned to one of two training groups: a control group ( $n=15$ ) and treatment group ( $n=15$ ). The upper body weight training programme was followed by the treatment group. The control group engaged only in their regular baseball training. Upper body strength was measured by using One Repetition Maximum (1RM) bench press test. Both test results were evaluated by using pre-test and post-tests. Pre and post 1RM bench press test results of the treatment group which engaged in the upper body weight training programme was significantly different ( $p < 0.0001$ ). Furthermore, a significant difference exists between pre-test and post-test results in the control group as well ( $p < 0.0001$ ). However, the difference is much less than the treatment group's 1RM bench press data. Therefore, the study concludes that the upper body strength training programme increased the upper body strength of baseball players of Sri Lankan Tri forces.

**Keywords:** *1RM bench press test, upper body strength, weight training programme, baseball*

\*Corresponding Author: nmssirimuthu@sjp.ac.lk