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## **Shoulder width, Pelvic width and Handgrip Strength of Male Junior Freestyle Wrestlers of different Weight Category**

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### **Abstract**

**Aim:** The aim of study was to observe shoulder width, pelvic width and handgrip strength of male junior wrestlers based on weight category. **Materials and Method:** One hundred fifty (N=150) male junior freestyle wrestlers were participated in the study which further divided into five groups based on their weight categories. Each group comprised of thirty wrestlers. The shoulder width and pelvic width were measured using standard anthropometric procedure, while handgrip strength was recorded with help of a handgrip dynamometer. **Results:** A statistically significant difference in the mean values of biacromial breadth (shoulder width), biiliac breadth (pelvic width), right-hand grip strength and left-hand grip strength among various groups of junior freestyle wrestlers. An increasing trend in the mean value of biacromial breadth (shoulder width) from group1 to group5 except group2 and biiliac breadth (pelvic width) from group1 to group5 except group4 was observed. The mean value of biacromial breadth (shoulder width) was more than biiliac breadth (Pelvic width). The mean value of right hand grip strength was more than left hand grip strength. **Conclusion:** It was concluded that shoulder width (biacromial breadth), pelvic width (biiliac breadth), right hand grip strength and left hand grip strength was more of heavy weight category than lightweight category junior free style wrestlers. These findings underscore the heterogeneous nature of muscular strength attributes within the junior freestyle wrestling population, emphasizing the need for individualized training approaches tailored to specific group characteristics. By recognizing and accounting for these differences, coaches and trainers can better optimize training regimens to enhance performance outcomes for junior freestyle wrestlers.

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### **Key Words: Free Style, Wrestlers,**

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