

# **THE NEW APPROACH TO DEVELOPMENT OF THE EXPLOSIVE PSYCHOMOTOR AND ITS INFLUENCE ON PERSONAL FACTORS AND COMPETITIVE ACTIVITY OF YOUNG WEIGHT-LIFTERS**

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## **ABSTRACT**

The experimental proof of development of an explosive psychomotility at young weight-lifters is received at use of new device " SPORK", its positive influence on personal factors and competitive activity

**Key words:** SPORK, psychomotor, jump, development, personal factors, competitive, explosive, purpose, muscular efforts, motivator, sports qualification, result, technics, physical, psychological.