

Timing synchronization for Individual training for blocking skill accord to the values of the physical characteristic curve of volleyball players

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Introduction :

Sports rhythm varies during the day for different types form of life according to the time and the time associated with the cases is the amount and size of the period in which lives with **Mohammed Abdul Ghani Othman (1994)** This reflects the rhythm contrasting individual status marked each player from the other in terms of the timing of the implementation of the training modules "Work" and the sleeping time "rest" as the stand on the calculations and measurements of of those different bio-rhythms, as well as the performance levels during this rhythmic variations can achieve success in this training field, **Alsayed Abdel Maksoud (1994)**. Therefore, the optimal sequence between work and rest, taking into account the organization of bio-rhythm is one of the most important conditions for the success of individual training process **Youssef Dahab Aly (1993)**. The fact that individual training operations successfully show the relationship between the timing and intensity of training on the one hand and individual characteristics of the pattern's bio on the other hand, **Youssef Dahab, Mohammed Jaber Breaka, Ahmed Mahmoud Ibrahim (1993)**. Therefore, planning to train individually ideal, and this is taking into account the body's efficiency in terms of the study of work and rest, according to the course of rhythm of bio daily but helps keep the level of an example of efficiency in athletic performance and provides an occasion to work the body and its recovery . **Fadhil Sultan Sherida Al Khaldi (1990)**. In other words, the coach and the planned sports when directing individual training loads to determine the pattern of of biorhythm of the player and then - after the legalization of appropriate training loads - distributing individual training modules according to this pattern. Which takes into account when planning these modules track physical characteristic of the player that performs high content load during the times when the rhythm of bio be high ; As for low-load content are applied during the times when the of biorhythm is low **Ahmed Mahmoud Mohamed Ibrahim (1995)** . Bio-rhythm studies - have indicated that- under discussion - the importance of identifying characteristic style of player **Howayda Aly Saadani, Ghada Mohamed Abdel-Hamid (2001)** . What can classify players into homogeneous groups according to performance requirements and provides the best conditions for absorbed and helps Achievement efficiently **Osama Salah Fouad (2005)** .

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It is then possible to achieve the best performance levels **Saleh Mohammad Saleh, Amr Mohamed Ibrahim Ahmed (2004)** it is in this regard did not ignore the need for training programs based on the types of planning these vital patterns **Hala Attiya Mohamed Attia (2003)** which showed that the sports training operations successfully accomplish it depends primarily on the individual characteristics of the bio-rhythm pattern characteristic of the player, so it recommended within the recommendations into account the timing of the training performance with the rhythm vital when planning for loads such training programs as well as patterns coincided statement for timely measure through the stages of rhythm guarantee to avoid sports injuries and then the possibility of achieving the greatest benefit to bring the provisions player underlying **Mervat Mohamed Rashad, Jehan Yosry Ayoub (2001)** The results of theoretical readings of these studies, as well as the significance derived from the results that the rhythm of the sleep-wake is the main rhythm which represents the key to all the rhythms and different body organs . And that the best cases show the human body in optimal timing, which indicates that :-

- Bio- rhythm effects of the different curves are the effects of non-absolute where affect the player's performance and capabilities in a number of factors linked to the type of

- competition and the characteristics of competitive activity practitioner
- affect the Bio-rhythm of the player two types of factors:- Interior .. swung functional status degree External .. the time of the training dose

Despite the difference in taking Bio- rhythm study procedures ; However, they agreed to the possibility of :-

- * Drawing Bio-rhythm curves using Birthday individually for each player
- * Apply "Oostberg" the translator of Arabic scale and standard on the Arabic-speaking - environments In order to classified players to training groups according to the type of Bio-characteristic style

Research problem :

The research, which examined the synchronization timing athletic efficiency and performance levels had agreed on the importance of defining the Bio- rhythm player mode But there is a dearth in this field of studies in volleyball **Soher Mohammed Bassiouni (1998)**. And that this was not discussed in terms of individual training with regard to blocking skill **Mohamed Ahmed Abdul Rahim fares (1975)** , **Mohamed Lotfy Hassanein (1994)** , **Iman Mustafa Mohamed Aboul Ela (2009)** , **Mohamed Lotfy Hassanein, Saad El-Sherbini Sherbini (2012)** , **Ho,c,s, Lin; K.c,Chen; K.c,Chiu; P.k and Chen, H.j (2015)** , **Ibrahim, F.S (2015)** , **Mohamed Mohamed Mustafa Abdel Razek (2016)** , **Saad El-Sherbini Sherbini ()** With effective influence on the track of the performance of defense and offensive at the same time for the team, which form the boundary between victory and defeat, which are frequently used in competitive matches with him requires a suitable physical performance in conformity with this technical performance, which requires an individual with a distinctive training, So we can say that this research is adding theory to shed light on the importance of using Bio-rhythm pattern for individual training during the positive phase of the volleyball player It is also important in terms of drawing the attention of coaches volleyball towards increasing individual training doses So as to reach the best level of blocking skill in the competition day And timing through select the best time according to the stages of the course of the rhythm of the physical curve

Scientific importance

- * Optimized planning of individual training in line with the physical curve
- * harmonize the time periods to show characteristic levels of physical performance " Vertical jump of stability and movement" And to achieve more effective blocking skill

Aim of the research:

The direction of research to draw a graph representing individual training of blocking skill According to synchronize the rhythm of the course of the curve physically volleyball players; This requires the following sub-goals :-

- *guidance the individual training modules on physical preparation According the days which represent stages of Bio-rhythm "top
- *identify the effectiveness of individual training to blocking perform in volleyball Based on the values of physical curve for the players

Hypotheses :

It has been formulated in the form of questions as follows:-

- 1-What are the days represents the top of the curve and physical characteristic of volleyball - players?

2-What is the effectiveness of individual training in a blocking skill in volleyball based on the - physical characteristic curve for the players?

Research terms and concepts:

Bio-Rhythm:

Vitality regularly changes with long and short rang increases , or decreases during physical, mental and emotional activities for the organism **Tirn M. Morgan. W (1995)**

Positive phase :

The period in which heading the internal Bio- rhythm cycle height and reach to the top , Which increases strength and endurance and the ability to produce energy, as well as self-confidence Leading to high levels of the individual's ability to achieve positive results **Saleh Mohammad Saleh, Amr Mohamed Ibrahim Ahmed (2004) .**

Individual Training

Technical and physical requirements according to a specific prompt based on the capabilities and advantages of the player applied for either self-leveling or Specialist classification or collective performance **(personal Definition)**

course of the Physical curve :

Graphical line reflects the days ascent "higher value" and the days decent of the values of physical level, depending on the player's birthday "minimum value" **(personal Definition)**

Blocking on Volleyball :

the movement of Players who close to the grid line in front of the playground by intercepting the ball from the opponent's reach to the top of the upper edge of the net. **Mohamed Lotfy Alsayed Hassanein (2011)**

Method

Participants :

The research sample (28) players from among the volleyball players Beni Suef Sports Club registered the Egyptian Federation for the sports season 2014/2015 m ranged in age from 18-22 years

Distribution of sample members:-

The researchers ascertain the extent equal distribution of personnel control and experimental groups in light of the variables under discussion, (Table 4)

Table (4)

The arithmetic mean, median, standard deviation and coefficient of torsion of the (N = 28) sample under discussion

Variables	mean	Median	standard deviation	Skewness
Age	19.39	20.00	0.74	2.47-
High	187.75	187.50	1.53	0.49
Weight	77.71	78.00	1.78	0.48-

Age of training	8.04	8.00	0.74	0.14
Vertical jump of stability	56.64	57.00	1.42	0.75-
smash blocking	25.93	25.50	1.51	0.85

Shown in Table (4) as follows

Torsion coefficients of a sample under discussion in the variables under discussion between (-3, +3) indicating that they are located within the equinoctial curve and thus the sample is evenly distributed

Equality of the two sets of search:-

The researchers finding of equivalence between the control and experimental groups in light of the variables, and Table 5 shows that

Table (5)

Significance of differences between the two pre measures for 2 groups, control and experimental in variables under discussion

(n = 28)

Variables	Control group		Exep. group		T Value
	mean	SD	Mean	SD	
Age	19.36	0.74	19.43	0.76	0.25
High	187.64	1.55	187.86	1.56	0.36
Weight	77.64	1.78	77.79	1.85	0.21
Age of training	8.07	0.73	8.00	0.78	0.25
Vertical jump of stability	56.43	1.45	56.86	1.41	0.79
smash blocking	25.79	1.63	26.07	1.44	0.49

(T) Value at a degree of (26) and the level of significance (0.05) = 2.06

Seen from the table (5) There is statistically significant differences between the two sets of research in experimental and control all the variables under discussion, suggesting equality in those variables

Measures :

Tools:

rubber ropes - The number of approved volleyballs legally - legal playground – boxes and jump ropes – cones

Research Tests :

- * Players rhythm biorhythm program
- *"Oostberg" scale translated to Arabic and measured on the Arabic-speaking environments
- * muscle power "high jump " extension (1)
- * blocking in volleyball extension (2)

The scientific transactions of the vertical jump test of fortitude:

A) Validity :

To calculate the researchers undertook to find honesty sincerity Terminal comparison sample (12) twelve players from the search community and outside of original research sample grades are arranged in ascending order and identified the top and lowest quarter where each stood at three (3) players, was an indication of the differences between using the Mann Whitney the barometric scale (3) illustrates this

Table (6)

Indication differences between upper and lower quarter for the test in question by method (n=12) man and taking the barometric

Test	Lower quarter		Upper quarter		Z value
	Mean Rank	Sum of Ranks	Mean Rank	Sum of Ranks	
Vertical jump	.2,00	.6,00	5,00	15,00	1,96

It is clear from the table (6):

The existence of differences between the lower and upper quarter in vertical jump test of consistency and for the upper quarter, indicating the ability of the test to distinguish between the different groups.

B) Reliability :

To calculate the stability test the researchers used a method test application and reapply it on the sample (12) twelve players from outside the search sample and have the same specifications of the original sample and interval duration of three (3) days between the first and second applications table (7) shows correlation coefficients between two applications.

Table(7)
The correlation coefficient between test and re-test testing (n=12)

Test	Test		Re-test		R
	mean	SD	mean	SD	
Vertical jump	55,83	1,64	55,75	0,95	0,95

Value of (r) at the tabular level (0.05) = 0.576

It is clear from the table (7):

Coefficient of correlation between the two applications I and II in the vertical jump test of fortitude (0.95) and is statistically significant correlation indicating stability test.

The scientific transactions of the test batting offensive repulsed:

A) Validity :

To calculate the researchers undertook to find honesty sincerity Terminal comparison sample (12) twelve players from the search community and outside of original research sample grades are arranged in ascending order and identified the top and lowest quarter where each stood at three (3) players, was an indication of the differences between using the Mann Whitney the barometric scale (5) shows the result

Table(8)

Indication differences between upper and lower spring for the test in question by method (n=12) man and taking the barometric

Test	Lower quarter	Upper quarter	Z
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	Mean Rank	Sum of Ranks	Mean Rank	Sum of Ranks	value
Blocking	2,00	6,00	5,00	15,00	1,99

It is clear from the table (8):

The existence of differences between the lower and upper quarter test repel smash beating higher quarter signaling capacity tests to distinguish between the different groups.

B) Reliability :

To calculate the stability test the researchers used a method test application and reapply it on the sample (12) twelve players from outside the search sample and have the same specifications of the original sample and interval duration of three (3) days between the first and second applications table (9) shows correlation coefficients between the two applications.

Table (9)
The correlation coefficient between test and re-test testing
(n=12)

Test	Test		Re-test		R
	mean	SD	mean	SD	
Blocking	26,42	2.15	26,58	1,83	0,92

(r) the tabular level (0.05) = 0.576

It is clear from table 9:

Coefficient of correlation between the two applications I and II test repel smash beating (0.92) and is statistically significant correlation indicating stability test

Training the muscles of the body center area program:

First : Design

(A) the foundations of planning

- *follow the timings fixed system per day as food and training activities
- *Do not change the sleep system "rest" wake up "work"
- *Mack the usual behavior before going to sleep and keep the same habits, such as early dinner and a little walk
- *taking into account individual differences in accordance with the rhythm of the characteristic pattern of the type of player

(B) Target:

Training according to the Bio- pattern characteristic of the player based on the physical curve during the Positive period for him

(c) Contents:

Exercise at physical skill of blocking (muscular ability and muscular endurance and reaction time and agility

(D) Duration :

Implementation of training took 12 weeks by 36 units training" Self-level "44 training unit Specialist Category " 32 training unit A total of 112 training unit Performance time of 60 s per unit training With a total time of 6720 s and was a period of rest between the groups 60 s

Second : Application

A - measurement: measurement of pre & post ..pre on 1/6/2015, after the end of the implementation of the training has been conducted telemetric on 21/9/2015

B - implementation of training: skill training plan included blocking in volleyball along with muscle power and muscular endurance and reaction time, agility, and implementation results were recorded through a form for each player matched during the application and can even track and note how progress in developing the performance blocking skill under temporal/logistic curve track synchronization physical token, Taking into account the continuation of the player collective training with the team along with the days of individual training him.

Table(10)

The distribution of individual training tasks according to the values of the physical curve during preparing

Statement Patterns Individual training	Number of weeks training			Total training modules	Total time per minute	%Percentage	physical Curve values											
	Number of weeks training	Evening style training modules					Addressing the weaknesses and strengths confirmed	Number of training modules		Target training according to play centres		Number of training modules		Implementing the requirements of the performance collective		Number of training modules		
		Evening style	Evening style					Morning style	Evening style	%	M	Morning style	Evening style	%	M	Morning style	Evening style	
																		%
Self level	4	15	21	36	2160	32	70	1500	10	15	10	240	2	2	20	420	3	4
Category specialist	4	19	25	44	2640	39	20	540	4	5	70	1860	13	18	10	240	2	2
The plan performance	4	14	18	32	1920	29	10	180	1	2	20	360	3	3	70	1380	10	13
Bio-rhythm	12	48	64	112	6720		2220	15	22		2460	18	23		2040	15	19	
								37					41			34		

Table(11)

Characteristics of dynamic rhythm according to the values of the physical curve players

Player	Name	th m pa	Today proposed to track physical curve	Li eti	%
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		Date of birth		July	August	September		According to pattern	According to the curve
01	Alaa Abdelhamid oweis	1975 / 07 / 20	Morning	8 9 31	1 23 24	15 16	8	17	7
02	Mustapha Sayed Musa	1979 / 05 / 29	Morning	3 4 26 27	18 19	10 11	8	17	7
03	Mohamed Shaban Mohamed	1977 / 02 / 05	Evening	16 17	8 9 31	1 23 24	8	13	7
04	Ramadan Sayed Jaber	1989 / 04 / 26	Morning	12 13	4 5 27 28	19 20	8	17	7
05	Muhammad Ahmad ' Abd al-Ghani	1994 / 03 / 03	Evening	13 14	5 6 28 29	20 21	8	13	7
06	Islam Mohamed Yassin	1995 / 01 / 14	Evening	8 9 31	1 23 24	15 16	8	13	7
07	Mustapha Sayed Eid	1991 / 02 / 25	Evening	15 16	7 8 30 31	22 23	8	13	7
08	Ahmad Muhammad Hammad	1989 / 05 / 22	Morning	15 16	7 8 30 31	22 23	8	17	7
09	Sulaiman Ramadan elsayed	1987 / 06 / 28	Evening	11 12	3 4 26 27	18 19	8	13	7
10	Eslam Samir Ismail	1990 / 09 / 05	Evening	3 4 26 27	18 19	10 11	8	13	7
11	Mohamed Mohamed Yosef	1978 / 02 / 20	Evening	1 23 24	15 16	7 8 30	8	13	7
12	Mohamed abdulhamid	1980 / 02 / 24	Morning	21 22	13 14	5 6 28 29	8	17	7
13	Ramadan Rabie Mohamed	1990 / 05 / 01	Morning	14 15	6 7 29 30	21 22	8	17	7
14	Abu al-Khair Abdul tawab	1977 / 05 / 05	Evening	8 9 31	1 23 24	15 16	8	13	7
Morning style values				<u>15 Day</u> 3 4 8 9 12 13 14 15 16 21 22 26 27 31	<u>19 Day</u> 1 4 5 6 7 8 13 14 18 19 23 24 27 28 29 30 31	<u>14 Day</u> 5 6 10 11 15 16 19 20 21 22 23 28 29 30	48	43	
Evening style values				<u>21 Day</u> 1 3 4 8 9 11 12 13 14 15 16 17 23 24 26 27 31	<u>25 Day</u> 1 3 4 5 6 7 8 9 15 16 18 19 23 24 26 27 28 29 30 31	<u>18 Day</u> 1 7 8 10 11 15 16 18 19 20 21 22 23 24 30	64	57	
Curve values physical				36	44	32	112	100	

Table(12)
Distribution of loads and times for individual training style according to the values of the curve during preparing

The dynamic rhythm pattern-players Individual Training		morning style Training days						Total	Evening style training days								Total	Total	Training statement	
		Alaa Abdelhamid oweis	Mustapha Sayed Musa	Ramadan Sayed Jaber	Ahmad Muhammad Hamad	Mohamed abdulhamid	Ramadan Rabie Mohamed	Mohamed Shaban Mohamed	Muhammad Ahmad ' Abd al-Ghani	Islam Mohamed Yassin	Mustapha Sayed Eid	Sulaiman Ramadan elsavey	Eslam Samir Ismail	Mohamed Mohamed Yosef	Abu al-Khair Abdul tawab	Total	Total	Total		
Self level	July	wed	8			15	22	15	4			8	15			1	8	4	8	Addressing the weaknesses and strengths confirmed
	thu	9			16			2	16		9	16			23	9	5	7		
	fri	31	3					2	17		31			3	24	31	5	7		
	Sat		4					1					11	4			2	3		
	sun		26	12				2					12	26			2	4		
	mon		27	13				2		13				27			2	4		
	tue					21	14	2		14							1	3		
Total		3	4	2	2	2	2	15	2	2	3	2	2	4	3	3	21	36		
Category specialist	August	Sat	1			8		29	3	8	29	1	8			15	1	6	9	Target training according to play centres
	sun	23			30		30	3	9		23	30			16	23	5	8		
	mon	24			31			2	31		24	31	3			24	5	7		
	tue		18	4				2		28			4	18			3	5		
	wed		19	5				2		5			26	19			3	5		
	thu			27		13	6	3					27				1	4		
	fri			28	7	14	7	4		6		7					2	6		
Total		3	2	4	4	2	4	19	3	4	3	4	4	2	2	3	25	44		
The plan performance	September	tue	15			22	29	22	4	1		15	22			8	15	5	9	Implementing the requirements of the performance collective
	wed	16			23			2	23		16	23			30	16	5	7		
	thu		10					1	24					10			2	3		
	fri		11					1					18	11			2	3		
	Sat			19		5		2					19				1	3		
	sun			20		6		2		20							1	3		
	mon					28	21	2		21					7		2	4		
Total		2	2	2	2	4	2	14	3	2	2	2	2	2	3	2	18	32		
Total		8	8	8	8	8	8	48	8	8	8	8	8	8	8	8	64	112		

results

The data was prepared and tabulated and analyzed statistically and extract the results as follows:

Table (13)

**Indication of the differences between the pre & post for control group at vertical jump and blocking
(n=14)**

Test	Average measurement tribal	Average telemetric	Mean difference	Difference SD	T value
Vertical jump of persistence	56,43	61,00	4,57	0,27	16,83
Blocking	25,79	31,86	6,07	0,57	10,67

(T) Value at a degree of (13) and the level of significance (0.05) = 2.16

It is clear from the table (13):

The existence of differences between mean of pre & post for control group under discussion in the vertical jump, smash beating towards the post

Table (14)

**Indication differences between Mean of pre & post of the experimental group in the vertical jump and the smash beating
(n=14)**

Test	Average measurement of pre	Average telemetric	Mean difference	Difference SD	T value	ETA2
Vertical jump of persistence	56,86	64,71	7,86	0,23	34,00	0,99
Blocking	26,07	36,79	10,71	0,13	85,51	0,99

(T) Value at a degree of (13) and the level of significance (0.05) = 2.16

It is clear from table (14):

The existence of differences between Mean degrees for post& pre under consideration for experimental group in the vertical jump ,smash beating towards the post, transaction values also showed ETA having a noticeable impact for the proposed programme to improve vertical jump and beating for the exp., group.

Table(15)

**Indication of the differences between the 2 post measures of control and experimental groups in the vertical jump and Blocking
(n=28)**

Test	Control		Exp.,		T value
	Mean	SD	Mean	SD	
Vertical jump of persistence	61,00	1,04	64,71	1,20	8,74
Blocking	31,86	0,86	36,79	1,63	10,02

(T) Value at a degree of (26) and the level of significance (0.05) = 2.06

It is clear from table (15)

The existence of differences between the mean degrees of the post measures for 2 groups, the control and exp., in the vertical jump ,smash beating towards the experimental group, indicating a positive programme proposed to improve vertical jump and beating toward the exp., group.

Table(16)

Percentage change between the pre & post of the control group and experimental in the vertical jump and Blocking

Test	control group			Experimental group		
	Pre-	Post-	Rate improvement %	Pre-	Post-	Rate improvement %
Vertical jump of persistence	56,43	61,00	8.10	56,86	64,71	13,81
Blocking	25.79	31.86	23,54	26,07	36,79	41,12

It is clear from the table (16):

Ratio improvement percentage of control group in the vertical jump and beatings (8.10%: 23.54%) As a percentage of improvement ratio ranged from the experimental group (13.81%: 41.12%) , Indicating the proposed program based on rhythm has positive effect on vertical jump and beating for experimental group than normal training.

Discuss

Because the rhythm of the sleep-wake tempo, which is the main key to represent all the different rhythms of the body and organs Where individuals different among themselves for the daily Bio- tempo Some of them are more active during daylight hours from the night and some were contrary , So the pattern characteristics of consensus and agreement with the time period has reflected positively on the level of performance" physical – Technical" **Tables (13, 14, 15, 16)** and this is referred to **Khaled Abdel Fattah Ismail Batawi (2002)** , Where there is a direct correlation between the tempo- Bio-physical and performance of vertical jump . This is due to the secretion of hormones in the body, which increases during the positive phase until it reaches the highest level at the top of the physical session This improvement is due to the hormone thyroxine Assistant on fat metabolism and the speed of oxygen consumption and increased pulse rate and blood circulation. **Ibrahim Elsakkar et al. (1998)** Not only this but the excitation sympathetic nervous system caused by physical training When it is at its best accompanied by an increase in the secretion of the hormone adrenaline, which increases the, which then leads to a redistribution of blood Which at least focus on the internal organs and increases in skeletal muscle as well as release of glycogen located in the liver . Which increases the amount of blood sugar and promote extra power to supply skeletal muscle, **Pinel. J. P. (2003)** , This is what has been achieved in terms of improving the muscle power of the effective influence to rise to the highest level of distance Which reflected positively on the blocking skill in volleyball. The amendment to the synchronization time training with bio distinctive style of players has led to harmony and adaptability and compatibility with training timings That rationing loads of physical training in terms of compatibility between the internal and external factors These results are normal as these players are subject to a fixed program in their daily lives And are subject to timings fixed for sleep and alertness, food and rest , And this would close them and reflected on their performance "physically – technically "Rhythm does not happen only on the activity of bio-domestic operations, but it is influenced by external factors Since one does not live in constant weather conditions and lives in an ever-changing external environment. **Ali Fahmy El pick (1990)** . As the shape of the waves of the training loads directed one of the most important controls where Changes in the amount and form of load during training sessions . Therefore, you should consider the rhythm of external factors, during which time the training performs dose, In order to bring about an ideal relationship between the rhythm of the training process and the content of the planned changes on the other hand This is in line with **Kootrais. Y (1995)** to emphasize the synchronization between training and vital rhythms periods and its association with the waves highs and lows that in the bio-rhythm and the rhythm of sleep and alertness, fatigue and rest . This is in line with what was said **Mohammed Abdul Ghani Othman, citing Russia's "Percob"** and confirmed by the German **"Hatndz" 1994** . That the ability to reach optimum performance, and achieve a better level of numeric achievements are through the nearest and most suitable timings for similar periods of real training , The figure is expected to champion sports model optimized at the time of the competition but it is a product of the bring all the

capabilities of a player in top form **Abul Ela Ahmed Abdel Fattah, Mohammad Sobhy Hassanein (1997)** . This is done by researchers from the training plan in line with the characteristics and potential of the players in the state of rest and during effort .

Conclusions and Applications

Through research and investigation results and objectives researchers concluded the following :

- 1-Individual training content according to the bio-rhythm draws led to improvement in blocking performance in volleyball.
- 2-Synchronization agree to implement individual training with the rhythm of the player bio . according to the values of the curve of physical highest value course ,increases the rate of muscle power and then jump up
- 3-the best form of individual training for blocking in volleyball but was adopted to synchronize the rhythm of the value of top physical curve .
- 4-The positive influence of the high jump distance was the integration of the highest physical curve.

Recommendations :

Within the limits of the procedures used and the results reached by the two researchers recommend the following :

- 1-Attention to Select the bio- rhythm -player mode In the selection of homogenous groups "physically - technically" when training for volleyball players
- 2-taking into account the temporal distribution optimal doses for individual training in accordance with the value of the highest physical curve .
- 3-The need to consider synchronization of distinctive bio- rhythm player mode With the timing of the implementation of the training content to ensure improved blocking performance in volleyball .
- 4-taking into account the rationing training loads according to the phases of the rhythm And the value of the highest physical curve to coincide with the degrees of these training loads .
- 5-study and understand the bio- rhythm with its curves "emotional – mental" and its direction values "highest Value - critical value - the minimum value" in other research
- 6-synchronization timing for training of other technical skills in volleyball Using the critical value of the physical rhythmic curve.

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التزامن التوقيتى لفردية التدريب على مهارة حائط الصد وفقاً لقيم مسار المنحنى البدنى المميز للاعبى الكرة الطائرة

* د. محمد لطفى السيد
* د. محمود رجائى محمد

يختلف إيقاع الرياضى خلال اليوم باختلاف شكل الحياة التى ينتهجها وفقاً للوقت والزمن المصاحب لحالاته ومقدار وحجم الفترة التى يعايشها (29 : 634) ويعكس هذا الإيقاع المتباين صفة فردية تميز كل لاعب عن الآخر من حيث توقيتات تنفيذ وحدات التدريب " العمل " ومواعيد النوم " الراحة " (10 : 261) لذا فإن التتابع الأمثل ما بين العمل والراحة مع مراعاة تنظيم الإيقاع الحيوى يعد من أهم شروط نجاح عملية التدريب الفردى حيث إن الوقوف على حسابات وقياسات تلك الإيقاعات الحيوية المختلفة ، وكذا مستويات الأداء خلال هذه الاختلافات الإيقاعية يمكن أن يحقق نجاحاً فى هذا المجال التدريبى (38 : 192) .

من المشاهدات العلمية المعروفة أن لكل رياضى خبرات خاصة عن أيام فى حياته الرياضية سواء فى الإتجاه الإيجابى أو السلبى ، وأنه يعزو ذلك إلى التعب والإجهاد أو إلى الراحة والمتغيرات البيئية إلا أن الإيقاع الحيوى كنظرية مستمرة حتى الآن قد تكون هى الأكثر دقة فى تفسير مثل هذه الحالات والخبرات التى مر بها اللاعب بطريقة علمية قابلة للدراسة وهذا ما أشارت إليه الجهود العلمية السابقة من أن المستويات المثلى من الإنجاز أو التأثير الإيجابى للأحمال البدنية وقدرة الفرد على تحملها قد تمت وتحققت فى ظروف تكامل إرتفاع مستوى قيم المسار البدنى والذى تلخص مجاله فى دراسة متى وكيف يمكن يمكن أن يحقق الأفراد والجماعات أفضل إنتاج لديهم من خلال الإفادة من ذروة الكفاءة العقلية والذهنية وتحقيق الإشباع العاطفى والنفسى وقمة اللياقة الصحية والبدنية .. فالرقم القياسى المتوقع للبطل الرياضى كنموذج أمثل فى وقت التنافس إنما هو نتاج لحشد جميع قدرات اللاعب وهو فى أحسن حالات هذه القدرات (3 - 389) فلكى يتم الإستفادة من الإيقاع الحيوى وأنماطه خلال التخطيط للأحمال التدريبية لابد من التعرف على المسار المنحنى لهذا الإيقاع حيث يكون له تأثيرات مباشرة على تلقى الفرد وإستيعابه لهذه الأحمال التدريبية مما يسمح بالإرتقاء بعملية التدريب بصورة أفضل .

* أستاذ التدريب الرياضى - كلية التربية الرياضية - جامعة المنيا

* أستاذ الكرة الطائرة المساعد - كلية التربية الرياضية - جامعة بنى سويف

**Test to determine the quality of bio-rhythm "modified"
prepared by Ostberg and prepared Stipanov and Arabized
by Abul Ela Ahmed Abdel Fattah, Mohammad Sobhy Hassanein**

Instructions test :

- Before answering any questions, and attention must be well readPlease answer
- all questions depending on the order they are received in the test
- When answering each question should not be influenced by answering the questions from the other
- Must be answers with the utmost honesty
- There are several proposed answers to each question .. must choose one of the proposed answers only by placing the correct "v" sign

General data :

- * Name
- * Date of Birth
- * functional specialization

الجزء الرئيسي

serial	Q	Content	Grade	Choice
1	When do you wake up when you don't have work? "(days off)	- 5 - 6:45 win. / 4- 4:45 sum.	5	
		- 6 – 6:45 win. / 5:45 – 7:45 sum	4	
		- 8:15 -10:45 win. /7:15 – 9:45sum	3	
		- 10:46 – 12 win. / 9:46 -11 sum	2	
		- 12:01 – 1 win. / 11:01 – 12 sum	1	
2	When you go to sleep if you don't have any work ?	- 8 -9:45 win / 9 – 9:45 sum	5	
		- 8:46 – 9:30 win. /9:46 – 10:30pm sum.	4	
		- 9:13 – 12:15 win / 10:30 – 11:15 sum.	3	
		- 12:16 – 10:30 am win / 1:16 – 2:30 am sum	2	
		- 1:31 – 2am win /2:31 – 4am sum	1	
3	How often do you use your alarm in case you have to wake up at a specific time?	- I don't use it at all	4	
		-sometimes	3	
		- Usually use it	2	
		- Need it badly	1	
4	If you had an exam ,do you get ready for it between 11pm and 2 am?	- No,I can't study at that time	4	
		- To benefit from some information	3	
		- Studying at that time could be enough	2	
		- Studying at that time is more than enough	1	
5	Do you usually wake up early?	- hardly	1	
		- a bit hard	2	
		- kind of easy	3	
		- pretty easy	4	

serial	Q	Content	Grade	Choice
6	Do you feel fully awake after the first half an hour when you are up?	- I feel pretty sleepy	1	
		- I feel a bit sleepy	2	
		- I feel a bit sick	3	
		- I feel fully awake	4	
7	How's your appetite in the first half of your day?	- No appetite at all	1	
		- Low appetite	2	
		- Not so bad appetite	3	
		- Pretty good appetite	4	
8	If you are getting ready for an exam do you choose to study between 4 and 7 am?	- Studying at that time is useless	1	
		- - could be a bit useful	2	
		- It's useful	3	
		- Pretty useful	4	
9	Do you feel physically tired after you wake up in the first half of your day?	- Pretty tired	1	
		- tired	2	
		- I feel aactive	3	
		- Pretty active	4	
10	When do you sleep if the next day is off ?	- Not so late than usual	4	
		- An hour or less than usual	3	
		- An hour or two later than usual	2	
11	Is it easy to sleep in normal circumstances	- Pretty hard	1	
		- Bit hard	2	
		- Bit easy	3	
		- Pretty easy	4	

serial	Q	Content	Grade	Choice
12	Decided to improve your health by sport and someone shared a friend training 1-2 hours per week and is time for your friend from 7-8 pm is the deadline is right for you	- I'm at my best shape around that time	4	
		- In good shape a bit	3	
		- Not so easy to train	2	
		- Pretty hard at that time	1	
13	When do you feel tired and sleepy at night?	- 8 – 9 pm	5	
		- 9:10 – 10:15 pm	4	
		- 10:16 – 12:45 am	3	
		- 12:46 – 1 am	2	
		- 2:01 – 3 am	1	
14	When you work for two hours at work requires full mobilization of your mental any period of alfratrn following four choice to accomplish	- 8 -10 am	6	
		- -11 – 1 noon	4	
		- 3 – 5 pm	2	
		- 7 – 9 pm	0	
15	How tired do you feel around 11 pm?	- I feel pretty tired	5	
		- I feel a bit tired	3	
		- I feel faintly tired	2	
		- Not tired at all	0	
16	Any of the following reasons to sleep later than usual after hours	- Lie down to sleep on the usual date but I lasted a considerable period without sleep	4	
		- I lay down at the usual time except that I think	3	
		- Lie down to sleep on the usual date and again worried	2	
		- I lay down later than usual	1	

serial	Q	Content	Grade	Choice
17	If you have a work shift from 4-6 and the following day to this pink holiday, any of the following options would you prefer	- I don't sleep till the shift is over	1	
		- Take a nap before the shift then sleep after the shift	2	
		- I sleep well before it then take a nap after	3	
		- Totally sleep before shift	4	
18	if you have two hours to do physically demanding work, which time you choose to do this if you are not linked to anything all day	- 8 -10 am	4	
		- 11 :1 noon	3	
		- 3 -5 pm	2	
		- 7- 9 pm	1	
19	if you decide to seriously practice sports and a friend suggested you participate from 10-11 pm, how do you feel about the appointment	- I'll be in the best form ,so yes.	1	
		- -I hope I'll be in a good form by that time	2	
		- I wouldn't be in a good form	3	
		- Can't train at that time at all	4	
20	What time did you wake up during childhood summer holidays where you choose yourself waking hour	- 5 – 6:45 am	5	
		- 6:46 – 7:45 am	4	
		- 7:46 – 9:45 am	3	
		- 9:46 – 10:45 am	2	
		- 10:46am – 12pm	1	
21	Imagine you can schedule work for you and you have to define the practical daily five hours including breaks interfaces chose the best period of time in which to efficiently	- 12:01 – 5 am	1	
		- 5:01 – 8 am	5	
		- 8:01 – 10 am	4	
		- 10:01 – 4 afternoon	3	
		- 4:01 – 9 pm	2	
		- 9:01 – 12 pm	1	

serial	Q	Content	Grade	Choice
22	When do you reach your working energy peak	- 12:01 – 4 am	1	
		- 5:01 – 8 am	5	
		- 8:01 – 10 am	4	
		- 10:01 – 4 afternoon	3	
		- 4:01 – 9 pm	2	
		- 9:01 – 12 pm	1	
23	Sometimes you hear people called early birds or night owls, which type are you?	- Totally an early bird	6	
		- Prefer early bird than night owl	4	
		- More of a night owl than an early bird	2	
		- Totally a night owl	1	

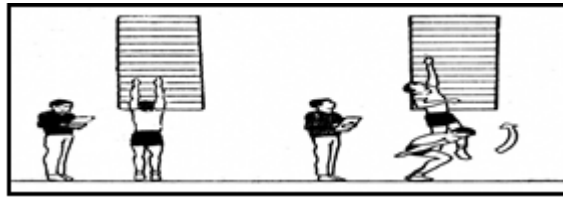
- **Abstract:**

You can specify the quality of the subject through style scores as follows:

Type of pattern	grade
Totally an early bird	More than 92
Kind of an early bird	From 77 to 91
No specific pattern	From 58 to 76
Kind of a night owl	From 42 to 57
Totally a night owl	Less than 41 points

Attachment (1)

Vertical jump test to Sargent



The purpose of the test : measuring the ability of the legs in jump up

Tools used : Install a blackboard on the wall so that the lower edge is high off the ground at 150 cm to include after that of 151 cm to 400 cm, chalk, Manezia

Description test : dunks player fingers distinctive hand in manezia then stands so that the distinctive arm next to the blackboard, The player lift the distinctive arm over the whole extension to make a sign with fingers on the blackboard and it should be noted not to raise the ankles of the earth , From a standing position the player likely arms highly front then down With knees bent half and then reviewed before extension with highly knees to Vertical jump to the maximum distance can reach, To make another sign of the finger of a distinctive hand, full extension registers corresponding figure for the second marker

Test conditions :

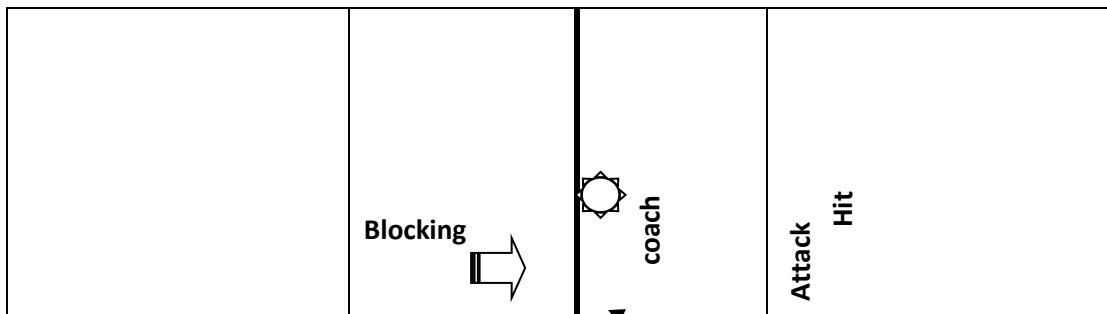
- Should not be lifted from the ankles to the ground when making the first mark
- It should be on the shoulders straighter one
- should not lift the shoulder distinctive about shoulder level during the other arm marking
- The player has the right to make 2 swings if he wishes as he prepare to jump
- Each player has three to five attempts, so record his best

Test record : measured the distance between the first mark and the second mark, This distance reflects the amount of explosive Power owned by the player The distance is measured from the ground up to the mark set by the player on the blackboard are rounded to the nearest centimeter

Mohamed Sobhy Hassanein, Hamdy Abdel Moneim Ahmed (1997)

Attachment (2)

Test blocking batting attack



The purpose of the test : measuring the skill of blocking beating attack .

Tools used: legal volleyball playground, five legal balls, legal net

Description test : The player standing in the middle of a half-playground, and in the other half of the playground one outstanding players in the batting attack , Where the coach to prepare for the striker ball five times from each of the outposts playground , Provided that the player rollback intercept the ball in front of the upper tip top striker of the net

Test conditions:

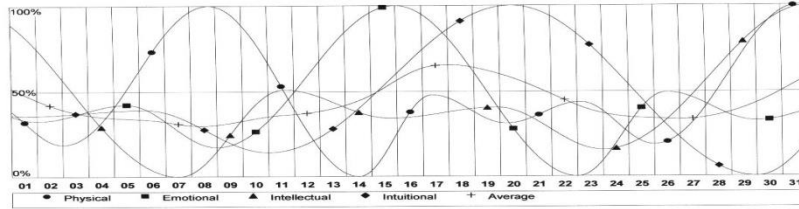
- canceled any try of batting attack which is not suitable.
- Former sequence mentioned in the description for the performance hit attacking into account.
- Lead blocking by the legal requirements
- . Given rest of 30th among all five attempts .. after the performance in each position
- The performance of any violation of the above conditions is not counted within the permitted number of players

Recording test:

- When the fall of the ball inside the playground, including the attacker can not be a continuation of performance calculated three degrees
- When the fall of the ball inside the playground based rebuffed so as to continue the performance calculated two degrees
- When the fall of the ball inside the playground, including the attacker could be a continuation of the performance is calculated by one degree
- Is contrary to the previous distribution and conditions calculated zero

Mohamed Sobhy Hassanein, Hamdy Abdel Moneim Ahmed (1997)

July 2015
Personal biorhythms in Enhanced mode
for Abou Elkhier Abd Elt (born on May 05, 1977)

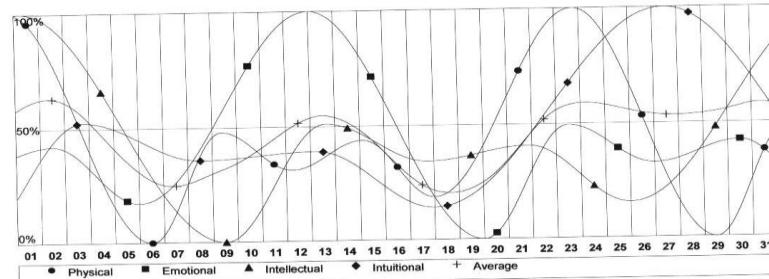


Additional info - July 2015

	Physical	Emotional	Intellectual	Intitutional
Good days	Wednesday, 08 Thursday, 09 Friday, 31	Wednesday, 15 Thursday, 16 Friday, 17	Friday, 31	Sunday, 19 Monday, 20 Tuesday, 21 Wednesday, 22
Bad days	Tuesday, 14 Wednesday, 15	Wednesday, 22 Thursday, 23 Friday, 24	Monday, 06 Tuesday, 07 Wednesday, 08	Tuesday, 28 Wednesday, 29 Thursday, 30 Friday, 31

Average line best day of month: Saturday, July 18, 2015
 Average line worst day of month: Wednesday, July 08, 2015

August 2015
Personal biorhythms in Enhanced mode
for Abou Elkhier Abd Elt (born on May 05, 1977)

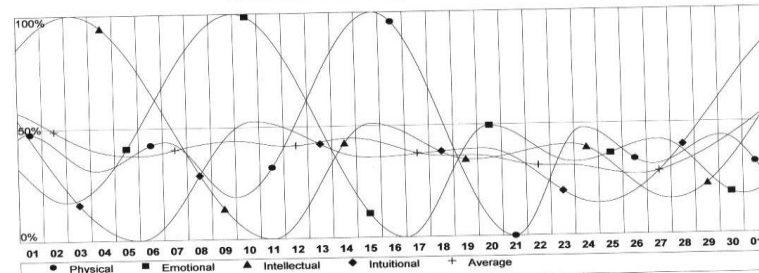


Additional info - August 2015

	Physical	Emotional	Intellectual	Intitutional
Good days	Saturday, 01 Sunday, 23 Monday, 24	Wednesday, 12 Thursday, 13 Friday, 14	Saturday, 01 Sunday, 02	Wednesday, 26 Thursday, 27 Friday, 28 Saturday, 29
Bad days	Thursday, 06 Friday, 07 Saturday, 29 Sunday, 30	Wednesday, 19 Thursday, 20 Friday, 21	Saturday, 08 Sunday, 09 Monday, 10	

Average line best day of month: Sunday, August 02, 2015
 Average line worst day of month: Wednesday, August 19, 2015

September 2015
Personal biorhythms in Enhanced mode
for Abou Elkhier Abd Elt (born on May 05, 1977)

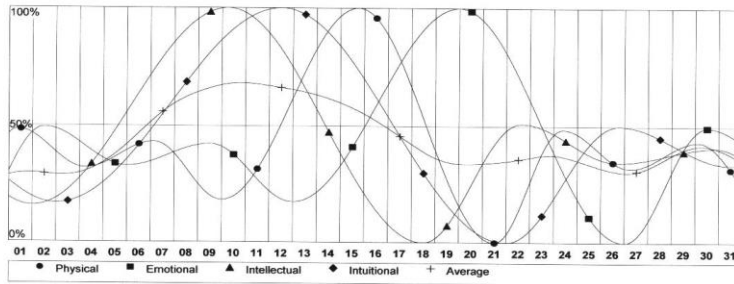


Additional info - September 2015

	Physical	Emotional	Intellectual	Intitutional
Good days	Tuesday, 15 Wednesday, 16	Wednesday, 09 Thursday, 10 Friday, 11	Wednesday, 02 Thursday, 03 Friday, 04	
Bad days	Monday, 21 Tuesday, 22	Wednesday, 16 Thursday, 17 Friday, 18	Thursday, 10 Friday, 11 Saturday, 12	Friday, 04 Saturday, 05 Sunday, 06 Monday, 07

Average line best day of month: Tuesday, September 01, 2015
 Average line worst day of month: Sunday, September 27, 2015

July 2015
Personal biorhythms in Enhanced mode
for Ahmed Mohamed Ha (born on May 22, 1989)

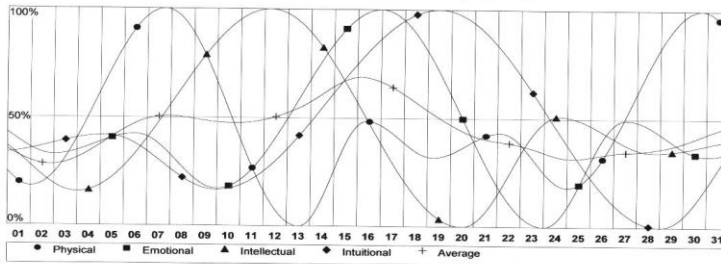


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Wednesday, 15 Thursday, 16	Sunday, 19 Monday, 20 Tuesday, 21	Thursday, 09 Friday, 10 Saturday, 11	Saturday, 11 Sunday, 12 Monday, 13 Tuesday, 14
Bad days	Tuesday, 21 Wednesday, 22	Sunday, 26 Monday, 27 Tuesday, 28	Friday, 17 Saturday, 18 Sunday, 19	Monday, 20 Tuesday, 21 Wednesday, 22 Thursday, 23

Average line best day of month: Saturday, July 11, 2015
 Average line worst day of month: Wednesday, July 01, 2015

August 2015
Personal biorhythms in Enhanced mode
for Ahmed Mohamed Ha (born on May 22, 1989)

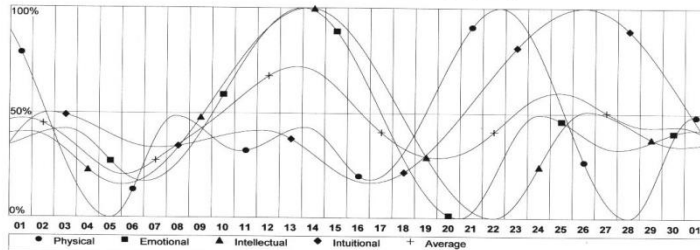


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Friday, 07 Saturday, 08 Sunday, 30 Monday, 31	Sunday, 16 Monday, 17 Tuesday, 18	Tuesday, 11 Wednesday, 12 Thursday, 13	Tuesday, 18 Wednesday, 19 Thursday, 20 Friday, 21
Bad days	Thursday, 13 Friday, 14	Sunday, 23 Monday, 24 Tuesday, 25	Wednesday, 19 Thursday, 20 Friday, 21	Thursday, 27 Friday, 28 Saturday, 29 Sunday, 30

Average line best day of month: Sunday, August 16, 2015
 Average line worst day of month: Monday, August 03, 2015

September 2015
Personal biorhythms in Enhanced mode
for Ahmed Mohamed Ha (born on May 22, 1989)

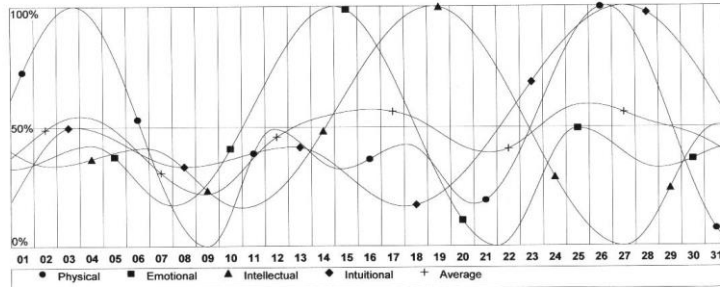


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 22 Wednesday, 23	Sunday, 13 Monday, 14 Tuesday, 15	Sunday, 13 Monday, 14 Tuesday, 15	Friday, 25 Saturday, 26 Sunday, 27 Monday, 28
Bad days	Saturday, 05 Sunday, 06 Monday, 28 Tuesday, 29	Sunday, 20 Monday, 21 Tuesday, 22	Monday, 21 Tuesday, 22 Wednesday, 23	

Average line best day of month: Monday, September 14, 2015
 Average line worst day of month: Sunday, September 06, 2015

July 2015
Personal biorhythms in Enhanced mode
for Islam Samier Ismaeel (born on September 05, 1990)

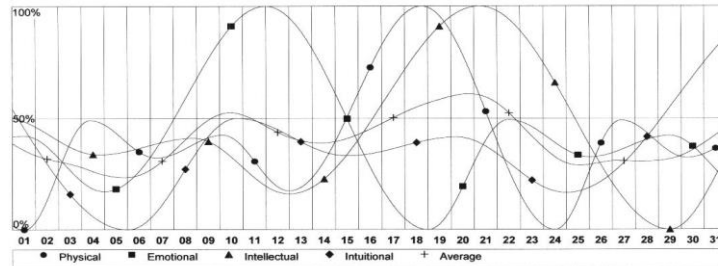


Additional info - July 2015

	Physical	Emotional	Intellectual	Intutional
Good days	Friday, 03 Saturday, 04 Sunday, 26 Monday, 27	Tuesday, 14 Wednesday, 15 Thursday, 16	Saturday, 18 Sunday, 19 Monday, 20	Sunday, 26 Monday, 27 Tuesday, 28 Wednesday, 29
Bad days	Thursday, 09 Friday, 10 Friday, 31	Tuesday, 21 Wednesday, 22 Thursday, 23	Sunday, 26 Monday, 27 Tuesday, 28	

Average line best day of month: Sunday, July 26, 2015
 Average line worst day of month: Thursday, July 09, 2015

August 2015
Personal biorhythms in Enhanced mode
for Islam Samier Ismaeel (born on September 05, 1990)

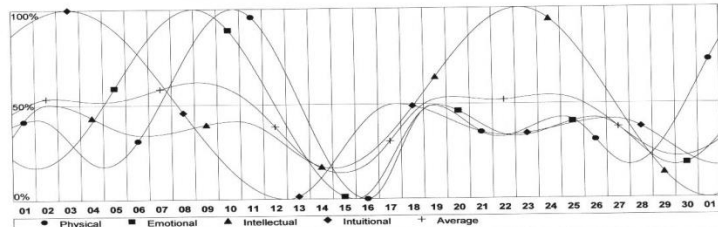


Additional info - August 2015

	Physical	Emotional	Intellectual	Intutional
Good days	Tuesday, 18 Wednesday, 19	Tuesday, 11 Wednesday, 12 Thursday, 13	Thursday, 20 Friday, 21 Saturday, 22	
Bad days	Saturday, 01 Sunday, 02 Monday, 24 Tuesday, 25	Tuesday, 18 Wednesday, 19 Thursday, 20	Friday, 28 Saturday, 29 Sunday, 30	Tuesday, 04 Wednesday, 05 Thursday, 06 Friday, 07

Average line best day of month: Friday, August 21, 2015
 Average line worst day of month: Thursday, August 06, 2015

September 2015
Personal biorhythms in Enhanced mode
for Islam Samier Ismaeel (born on September 05, 1990)

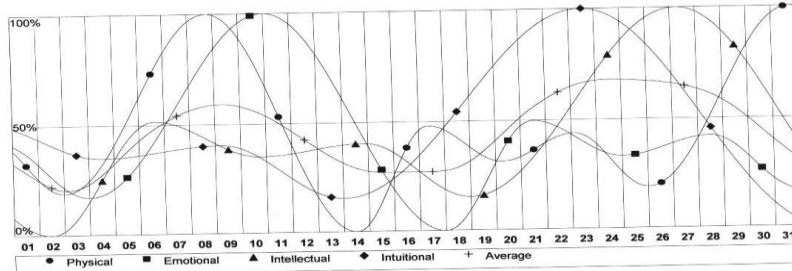


Additional info - September 2015

	Physical	Emotional	Intellectual	Intutional
Good days	Thursday, 10 Friday, 11	Tuesday, 08 Wednesday, 09 Thursday, 10	Tuesday, 22 Wednesday, 23 Thursday, 24	Wednesday, 02 Thursday, 03 Friday, 04 Saturday, 05
Bad days	Wednesday, 16 Thursday, 17	Tuesday, 15 Wednesday, 16 Thursday, 17	Wednesday, 30	Friday, 11 Saturday, 12 Sunday, 13 Monday, 14

Average line best day of month: Wednesday, September 09, 2015
 Average line worst day of month: Tuesday, September 15, 2015

July 2015
Personal biorhythms in Enhanced mode
for Eslam Mohamed Yasi (born on January 14, 1995)

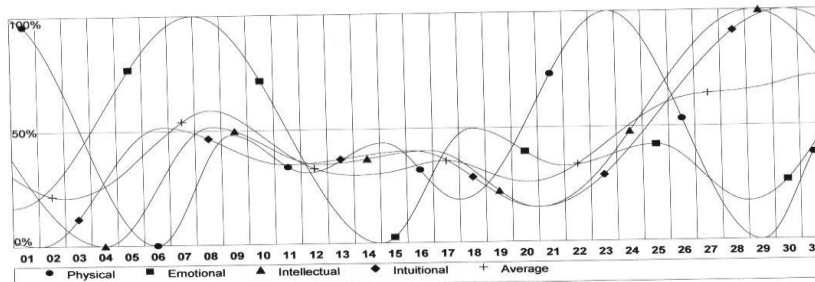


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Wednesday, 08 Thursday, 09 Friday, 31	Friday, 10 Saturday, 11 Sunday, 12	Sunday, 26 Monday, 27 Tuesday, 28	Wednesday, 22 Thursday, 23 Friday, 24 Saturday, 25
Bad days	Tuesday, 14 Wednesday, 15	Friday, 17 Saturday, 18 Sunday, 19	Wednesday, 01 Thursday, 02 Friday, 03	Friday, 31

Average line best day of month: Saturday, July 25, 2015
 Average line worst day of month: Friday, July 03, 2015

August 2015
Personal biorhythms in Enhanced mode
for Eslam Mohamed Yasi (born on January 14, 1995)

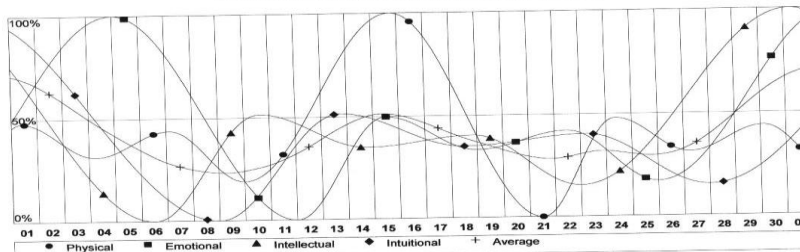


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Saturday, 01 Sunday, 23 Monday, 24	Friday, 07 Saturday, 08 Sunday, 09	Friday, 28 Saturday, 29 Sunday, 30	Saturday, 29 Sunday, 30 Monday, 31
Bad days	Thursday, 06 Friday, 07 Saturday, 29 Sunday, 30	Friday, 14 Saturday, 15 Sunday, 16	Monday, 03 Tuesday, 04 Wednesday, 05	Saturday, 01 Sunday, 02 Monday, 03

Average line best day of month: Monday, August 31, 2015
 Average line worst day of month: Monday, August 03, 2015

September 2015
Personal biorhythms in Enhanced mode
for Eslam Mohamed Yasi (born on January 14, 1995)

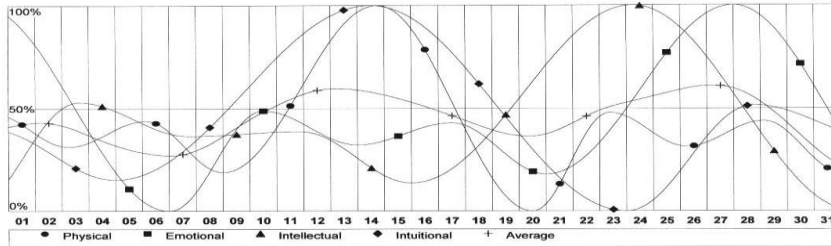


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 15 Wednesday, 16	Friday, 04 Saturday, 05 Sunday, 06 Wednesday, 30	Wednesday, 30	Tuesday, 01
Bad days	Monday, 21 Tuesday, 22	Friday, 11 Saturday, 12 Sunday, 13	Saturday, 05 Sunday, 06 Monday, 07	Monday, 07 Tuesday, 08 Wednesday, 09 Thursday, 10

Average line best day of month: Wednesday, September 30, 2015
 Average line worst day of month: Wednesday, September 09, 2015

July 2015
Personal biorhythms in Enhanced mode
for Ramadan Rabea Moh (born on May 01, 1990)

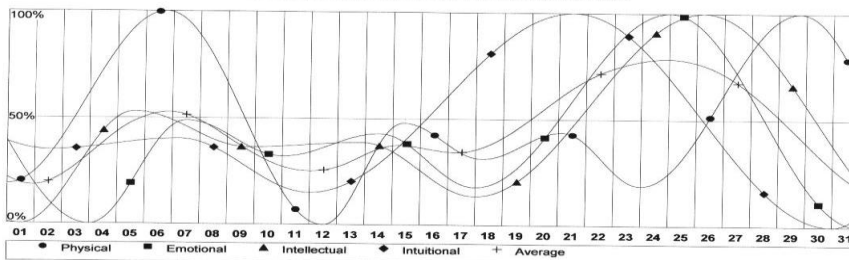


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 14 Wednesday, 15	Wednesday, 01 Monday, 27 Tuesday, 28 Wednesday, 29	Thursday, 23 Friday, 24 Saturday, 25	Monday, 13 Tuesday, 14 Wednesday, 15 Thursday, 16
Bad days	Monday, 20 Tuesday, 21	Monday, 06 Tuesday, 07 Wednesday, 08	Friday, 31	Wednesday, 22 Thursday, 23 Friday, 24 Saturday, 25

Average line best day of month: Monday, July 27, 2015
 Average line worst day of month: Friday, July 31, 2015

August 2015
Personal biorhythms in Enhanced mode
for Ramadan Rabea Moh (born on May 01, 1990)

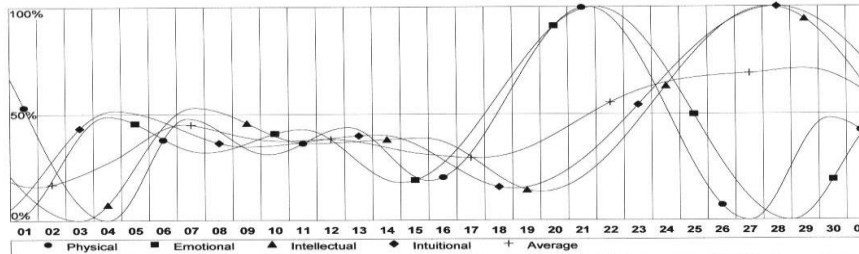


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Thursday, 06 Friday, 07 Saturday, 29 Sunday, 30	Monday, 24 Tuesday, 25 Wednesday, 26	Tuesday, 25 Wednesday, 26 Thursday, 27	Thursday, 20 Friday, 21 Saturday, 22 Sunday, 23
Bad days	Wednesday, 12 Thursday, 13	Monday, 03 Tuesday, 04 Wednesday, 05 Monday, 31	Saturday, 01 Sunday, 02	Saturday, 29 Sunday, 30 Monday, 31

Average line best day of month: Tuesday, August 25, 2015
 Average line worst day of month: Sunday, August 02, 2015

September 2015
Personal biorhythms in Enhanced mode
for Ramadan Rabea Moh (born on May 01, 1990)

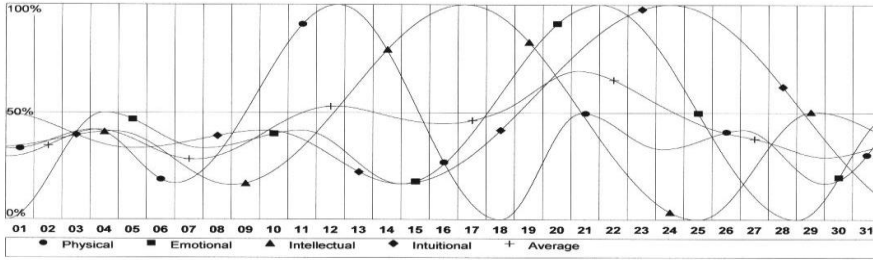


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Monday, 21 Tuesday, 22	Monday, 21 Tuesday, 22 Wednesday, 23	Sunday, 27 Monday, 28 Tuesday, 29	Sunday, 27 Monday, 28 Tuesday, 29 Wednesday, 30
Bad days	Friday, 04 Saturday, 05 Sunday, 27 Monday, 28	Tuesday, 01 Wednesday, 02 Monday, 28 Tuesday, 29 Wednesday, 30	Wednesday, 02 Thursday, 03 Friday, 04	Tuesday, 01

Average line best day of month: Tuesday, September 29, 2015
 Average line worst day of month: Wednesday, September 02, 2015

July 2015
Personal biorhythms in Enhanced mode
for Ramdan Saiyd Gaber (born on April 26, 1989)

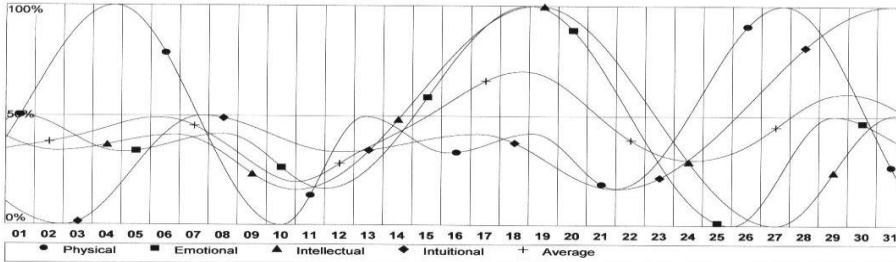


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Sunday, 12 Monday, 13	Tuesday, 21 Wednesday, 22 Thursday, 23	Thursday, 16 Friday, 17 Saturday, 18	Thursday, 23 Friday, 24 Saturday, 25 Sunday, 26
Bad days	Saturday, 18 Sunday, 19	Wednesday, 01 Thursday, 02 Wednesday, 29 Thursday, 30	Friday, 24 Saturday, 25 Sunday, 26	Friday, 31

Average line best day of month: Tuesday, July 21, 2015
 Average line worst day of month: Wednesday, July 08, 2015

August 2015
Personal biorhythms in Enhanced mode
for Ramdan Saiyd Gaber (born on April 26, 1989)

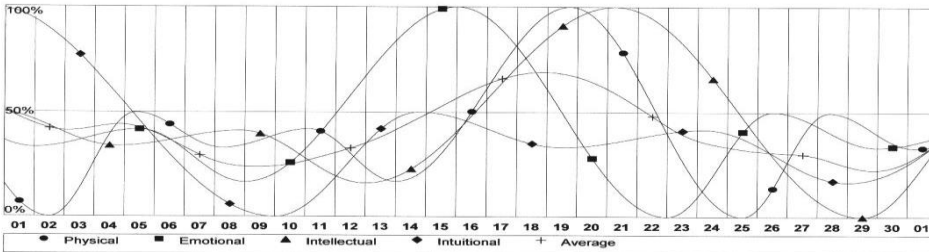


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 04 Wednesday, 05 Thursday, 27 Friday, 28	Tuesday, 18 Wednesday, 19 Thursday, 20	Tuesday, 18 Wednesday, 19 Thursday, 20	Sunday, 30 Monday, 31
Bad days	Monday, 10 Tuesday, 11	Tuesday, 25 Wednesday, 26 Thursday, 27	Wednesday, 26 Thursday, 27 Friday, 28	Saturday, 01 Sunday, 02 Monday, 03 Tuesday, 04

Average line best day of month: Wednesday, August 19, 2015
 Average line worst day of month: Tuesday, August 11, 2015

September 2015
Personal biorhythms in Enhanced mode
for Ramdan Saiyd Gaber (born on April 26, 1989)

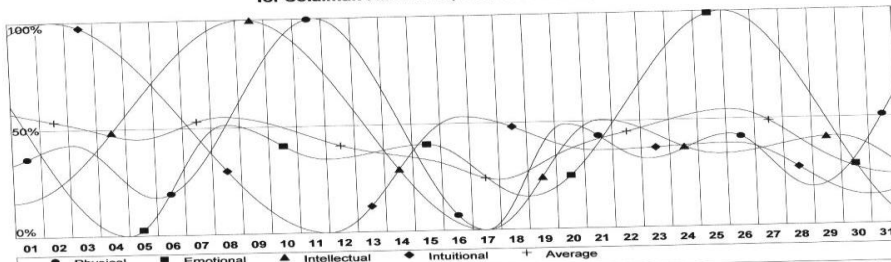


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Saturday, 19 Sunday, 20	Tuesday, 15 Wednesday, 16 Thursday, 17	Sunday, 20 Monday, 21 Tuesday, 22	Tuesday, 01 Wednesday, 02
Bad days	Wednesday, 02 Thursday, 03 Friday, 25 Saturday, 26	Tuesday, 22 Wednesday, 23 Thursday, 24	Monday, 28 Tuesday, 29 Wednesday, 30	Tuesday, 08 Wednesday, 09 Thursday, 10 Friday, 11

Average line best day of month: Saturday, September 19, 2015
 Average line worst day of month: Wednesday, September 30, 2015

July 2015
Personal biorhythms in Enhanced mode
for Solaiman Ramadan (born on June 28, 1987)

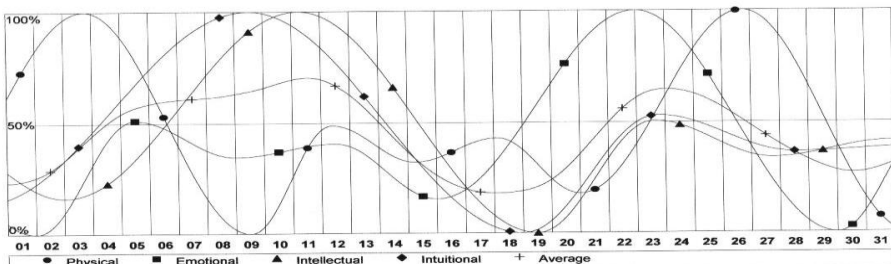


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitional
Good days	Saturday, 11 Sunday, 12	Saturday, 25 Sunday, 26 Monday, 27	Wednesday, 08 Thursday, 09 Friday, 10	Wednesday, 01 Thursday, 02 Friday, 03 Saturday, 04
Bad days	Friday, 17 Saturday, 18	Saturday, 04 Sunday, 05 Monday, 06 Friday, 31	Thursday, 16 Friday, 17 Saturday, 18	Friday, 10 Saturday, 11 Sunday, 12 Monday, 13

Average line best day of month: Wednesday, July 01, 2015
 Average line worst day of month: Friday, July 31, 2015

August 2015
Personal biorhythms in Enhanced mode
for Solaiman Ramadan (born on June 28, 1987)

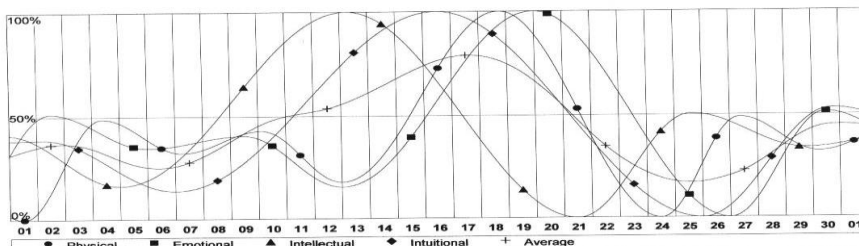


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitional
Good days	Monday, 03 Tuesday, 04 Wednesday, 26 Thursday, 27	Saturday, 22 Sunday, 23 Monday, 24	Monday, 10 Tuesday, 11 Wednesday, 12	Saturday, 08 Sunday, 09 Monday, 10 Tuesday, 11
Bad days	Sunday, 09 Monday, 10 Monday, 31	Saturday, 01 Sunday, 02 Monday, 03 Saturday, 29 Sunday, 30 Monday, 31	Tuesday, 18 Wednesday, 19 Thursday, 20	Monday, 17 Tuesday, 18 Wednesday, 19 Thursday, 20

Average line best day of month: Wednesday, August 12, 2015
 Average line worst day of month: Tuesday, August 18, 2015

September 2015
Personal biorhythms in Enhanced mode
for Solaiman Ramadan (born on June 28, 1987)

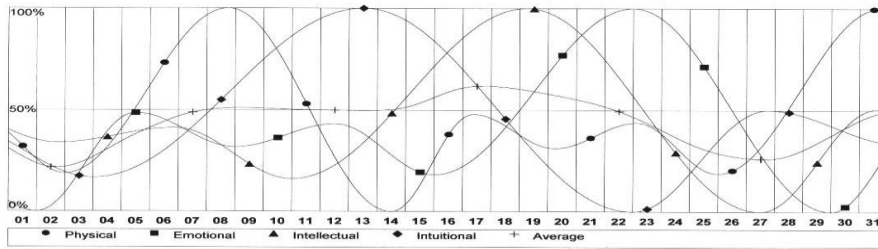


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitional
Good days	Friday, 18 Saturday, 19	Saturday, 19 Sunday, 20 Monday, 21	Saturday, 12 Sunday, 13 Monday, 14	Tuesday, 15 Wednesday, 16 Thursday, 17 Friday, 18
Bad days	Tuesday, 01 Wednesday, 02 Thursday, 24 Friday, 25	Saturday, 26 Sunday, 27 Monday, 28	Sunday, 20 Monday, 21 Tuesday, 22	Thursday, 24 Friday, 25 Saturday, 26 Sunday, 27

Average line best day of month: Friday, September 18, 2015
 Average line worst day of month: Saturday, September 26, 2015

July 2015
Personal biorhythms in Enhanced mode
for Alaa Abd Elhamed O (born on February 20, 1975)

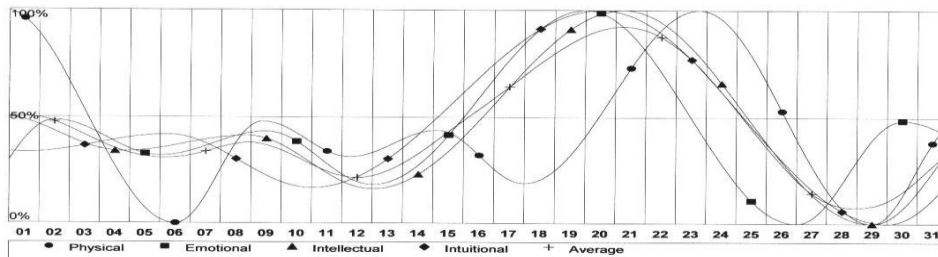


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Wednesday, 08 Thursday, 09 Friday, 31	Wednesday, 22 Thursday, 23 Friday, 24	Saturday, 18 Sunday, 19 Monday, 20	Sunday, 12 Monday, 13 Tuesday, 14 Wednesday, 15
Bad days	Tuesday, 14 Wednesday, 15	Wednesday, 01 Thursday, 02 Friday, 03 Wednesday, 29 Thursday, 30 Friday, 31	Sunday, 26 Monday, 27 Tuesday, 28	Tuesday, 21 Wednesday, 22 Thursday, 23 Friday, 24

Average line best day of month: Saturday, July 18, 2015
 Average line worst day of month: Friday, July 03, 2015

August 2015
Personal biorhythms in Enhanced mode
for Alaa Abd Elhamed O (born on February 20, 1975)

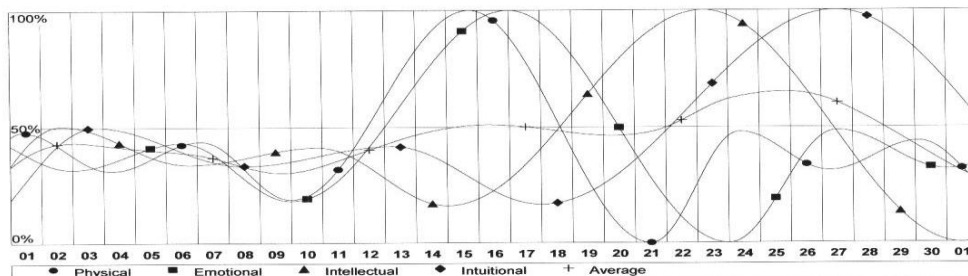


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Saturday, 01 Sunday, 23 Monday, 24	Wednesday, 19 Thursday, 20 Friday, 21	Thursday, 20 Friday, 21 Saturday, 22	Wednesday, 19 Thursday, 20 Friday, 21 Saturday, 22
Bad days	Thursday, 06 Friday, 07 Saturday, 29 Sunday, 30	Wednesday, 26 Thursday, 27 Friday, 28	Friday, 28 Saturday, 29 Sunday, 30	Friday, 28 Saturday, 29 Sunday, 30 Monday, 31

Average line best day of month: Friday, August 21, 2015
 Average line worst day of month: Saturday, August 29, 2015

September 2015
Personal biorhythms in Enhanced mode
for Alaa Abd Elhamed O (born on February 20, 1975)

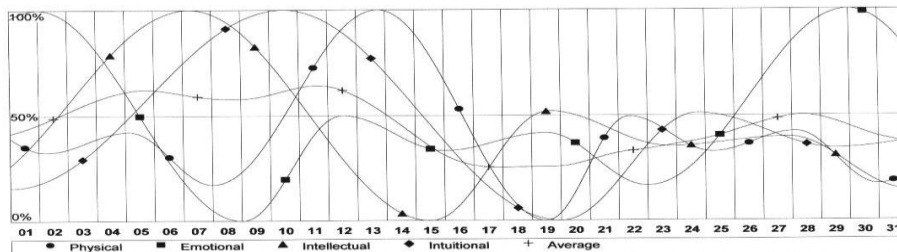


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 15 Wednesday, 16	Wednesday, 16 Thursday, 17 Friday, 18	Tuesday, 22 Wednesday, 23 Thursday, 24	Saturday, 26 Sunday, 27 Monday, 28 Tuesday, 29
Bad days	Monday, 21 Tuesday, 22	Wednesday, 23 Thursday, 24 Friday, 25	Wednesday, 30	

Average line best day of month: Saturday, September 26, 2015
 Average line worst day of month: Wednesday, September 30, 2015

July 2015
Personal biorhythms in Enhanced mode
for Mohamed Ahmed Abd (born on March 03, 1994)

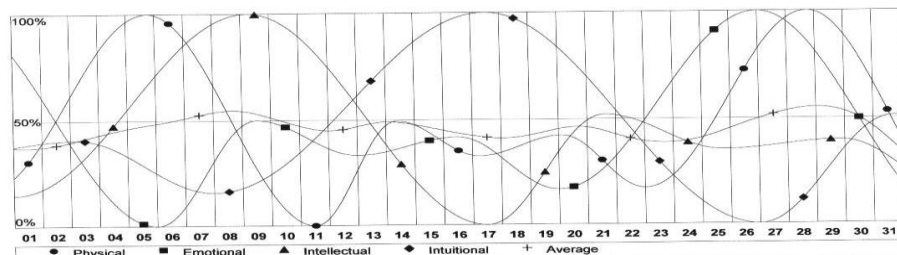


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Monday, 13 Tuesday, 14	Wednesday, 01 Thursday, 02 Friday, 03 Wednesday, 29 Thursday, 30 Friday, 31	Monday, 06 Tuesday, 07 Wednesday, 08	Thursday, 09 Friday, 10 Saturday, 11 Sunday, 12
Bad days	Sunday, 19 Monday, 20	Wednesday, 08 Thursday, 09 Friday, 10	Tuesday, 14 Wednesday, 15 Thursday, 16	Saturday, 18 Sunday, 19 Monday, 20 Tuesday, 21

Average line best day of month: Sunday, July 12, 2015
 Average line worst day of month: Saturday, July 18, 2015

August 2015
Personal biorhythms in Enhanced mode
for Mohamed Ahmed Abd (born on March 03, 1994)

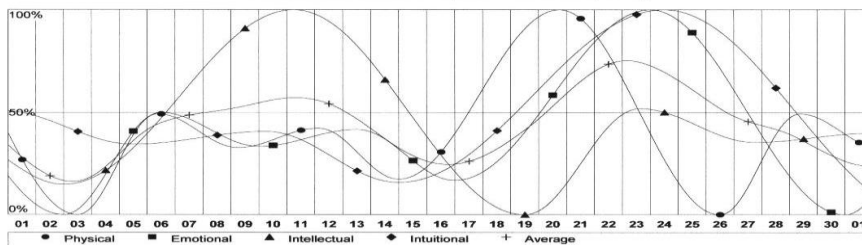


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Wednesday, 05 Thursday, 06 Friday, 28 Saturday, 29	Wednesday, 26 Thursday, 27 Friday, 28	Saturday, 08 Sunday, 09 Monday, 10	Sunday, 16 Monday, 17 Tuesday, 18 Wednesday, 19
Bad days	Tuesday, 11 Wednesday, 12	Wednesday, 05 Thursday, 06 Friday, 07	Sunday, 16 Monday, 17 Tuesday, 18	Tuesday, 25 Wednesday, 26 Thursday, 27 Friday, 28

Average line best day of month: Saturday, August 29, 2015
 Average line worst day of month: Monday, August 31, 2015

September 2015
Personal biorhythms in Enhanced mode
for Mohamed Ahmed Abd (born on March 03, 1994)

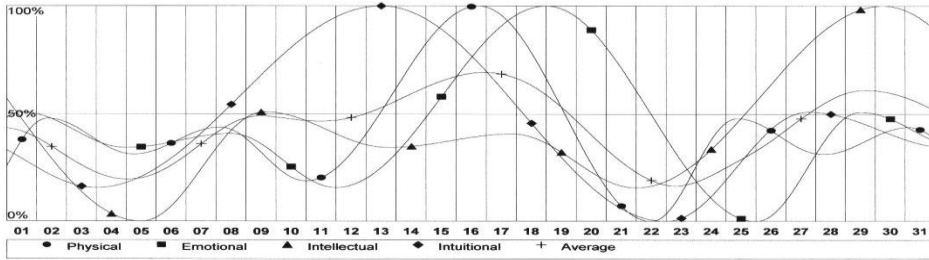


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Sunday, 20 Monday, 21	Wednesday, 23 Thursday, 24 Friday, 25	Thursday, 10 Friday, 11 Saturday, 12	Wednesday, 23 Thursday, 24 Friday, 25 Saturday, 26
Bad days	Thursday, 03 Friday, 04 Saturday, 26 Sunday, 27	Wednesday, 02 Thursday, 03 Friday, 04 Wednesday, 30	Friday, 18 Saturday, 19 Sunday, 20	Wednesday, 30

Average line best day of month: Wednesday, September 23, 2015
 Average line worst day of month: Thursday, September 03, 2015

July 2015
Personal biorhythms in Enhanced mode
for Mohamed Shaban mo (born on June 05, 1977)

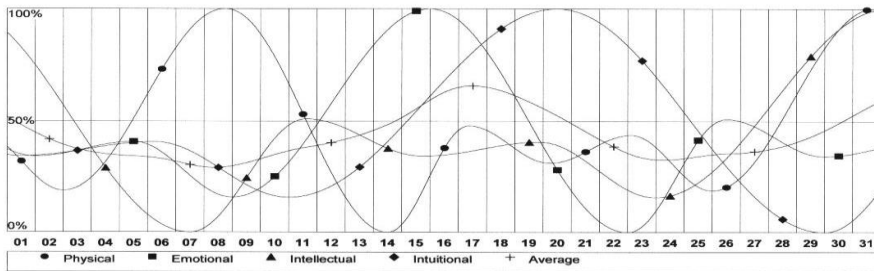


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Thursday, 16 Friday, 17	Saturday, 18 Sunday, 19 Monday, 20	Wednesday, 29 Thursday, 30 Friday, 31	Sunday, 12 Monday, 13 Tuesday, 14 Wednesday, 15
Bad days	Wednesday, 22 Thursday, 23	Saturday, 25 Sunday, 26 Monday, 27	Saturday, 04 Sunday, 05 Monday, 06	Tuesday, 21 Wednesday, 22 Thursday, 23 Friday, 24

Average line best day of month: Friday, July 17, 2015
 Average line worst day of month: Thursday, July 23, 2015

August 2015
Personal biorhythms in Enhanced mode
for Mohamed Shaban mo (born on June 05, 1977)

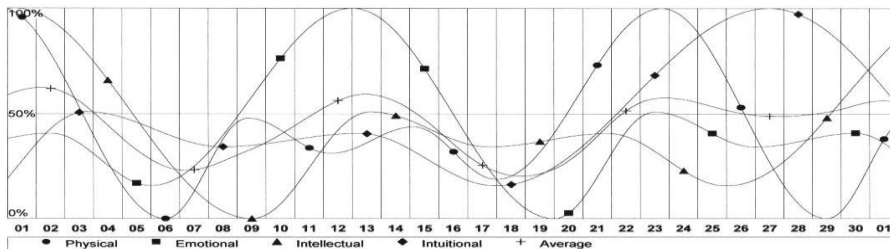


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Saturday, 08 Sunday, 09 Monday, 31	Saturday, 15 Sunday, 16 Monday, 17	Monday, 31	Wednesday, 19 Thursday, 20 Friday, 21 Saturday, 22
Bad days	Friday, 14 Saturday, 15	Saturday, 22 Sunday, 23 Monday, 24	Thursday, 06 Friday, 07 Saturday, 08	Friday, 28 Saturday, 29 Sunday, 30 Monday, 31

Average line best day of month: Tuesday, August 18, 2015
 Average line worst day of month: Saturday, August 08, 2015

September 2015
Personal biorhythms in Enhanced mode
for Mohamed Shaban mo (born on June 05, 1977)

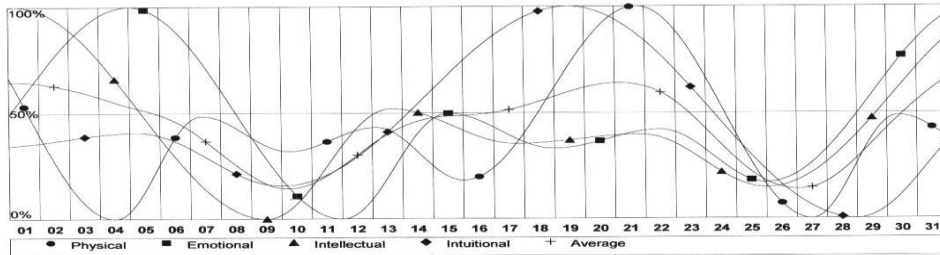


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 01 Wednesday, 23 Thursday, 24	Saturday, 12 Sunday, 13 Monday, 14	Tuesday, 01 Wednesday, 02	Saturday, 26 Sunday, 27 Monday, 28 Tuesday, 29
Bad days	Sunday, 06 Monday, 07 Tuesday, 29 Wednesday, 30	Saturday, 19 Sunday, 20 Monday, 21	Tuesday, 08 Wednesday, 09 Thursday, 10	

Average line best day of month: Wednesday, September 02, 2015
 Average line worst day of month: Saturday, September 19, 2015

July 2015
Personal biorhythms in Enhanced mode
for Mohamed Abd Elham (born on February 24, 1980)

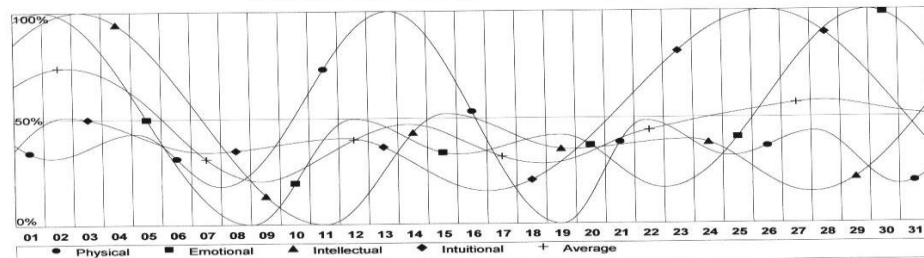


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 21 Wednesday, 22	Saturday, 04 Sunday, 05 Monday, 06 Friday, 31	Wednesday, 01 Thursday, 02	Saturday, 18 Sunday, 19 Monday, 20 Tuesday, 21
Bad days	Saturday, 04 Sunday, 05 Monday, 27 Tuesday, 28	Saturday, 11 Sunday, 12 Monday, 13	Wednesday, 08 Thursday, 09 Friday, 10	Monday, 27 Tuesday, 28 Wednesday, 29 Thursday, 30

Average line best day of month: Friday, July 31, 2015
 Average line worst day of month: Monday, July 27, 2015

August 2015
Personal biorhythms in Enhanced mode
for Mohamed Abd Elham (born on February 24, 1980)

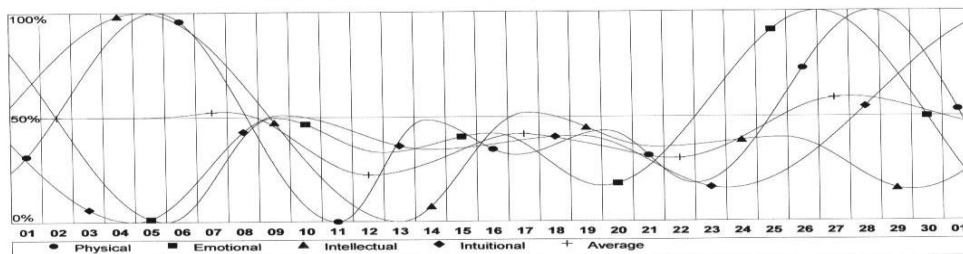


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Thursday, 13 Friday, 14	Saturday, 01 Sunday, 02 Monday, 03 Saturday, 29 Sunday, 30 Monday, 31	Sunday, 02 Monday, 03 Tuesday, 04	Tuesday, 25 Wednesday, 26 Thursday, 27 Friday, 28
Bad days	Wednesday, 19 Thursday, 20	Saturday, 08 Sunday, 09 Monday, 10	Monday, 10 Tuesday, 11 Wednesday, 12	

Average line best day of month: Monday, August 03, 2015
 Average line worst day of month: Sunday, August 09, 2015

September 2015
Personal biorhythms in Enhanced mode
for Mohamed Abd Elham (born on February 24, 1980)

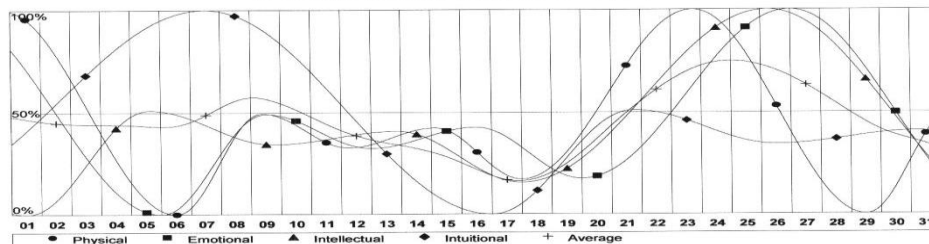


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Saturday, 05 Sunday, 06 Monday, 28 Tuesday, 29	Saturday, 26 Sunday, 27 Monday, 28	Friday, 04 Saturday, 05 Sunday, 06	Wednesday, 30
Bad days	Friday, 11 Saturday, 12	Saturday, 05 Sunday, 06 Monday, 07	Saturday, 12 Sunday, 13 Monday, 14	Thursday, 03 Friday, 04 Saturday, 05 Sunday, 06

Average line best day of month: Monday, September 28, 2015
 Average line worst day of month: Sunday, September 13, 2015

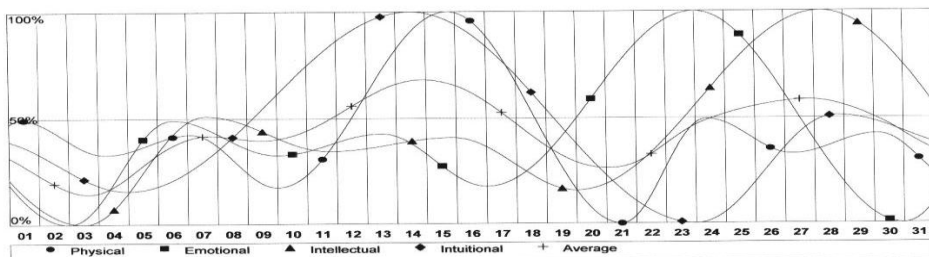
July 2015 Personal biorhythms in Enhanced mode for Mohamed Mohamed (born on February 20, 1978)



Additional info - July 2015				
	Physical	Emotional	Intellectual	Intuitive
Good days	Wednesday, 01 Thursday, 23 Friday, 24	Sunday, 26 Monday, 27 Tuesday, 28	Saturday, 25 Sunday, 26 Monday, 27	Monday, 06 Tuesday, 07 Wednesday, 08 Thursday, 09
Bad days	Monday, 06 Tuesday, 07 Wednesday, 29 Thursday, 30	Sunday, 05 Monday, 06 Tuesday, 07	Wednesday, 01 Thursday, 02	Wednesday, 15 Thursday, 16 Friday, 17 Saturday, 18

Average line best day of month: Saturday, July 25, 2015
Average line worst day of month: Saturday, July 18, 2015

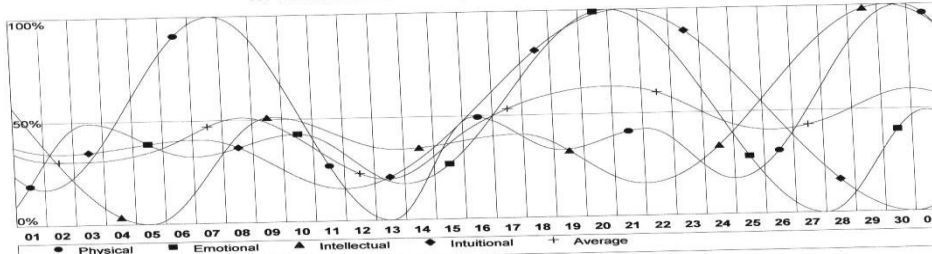
August 2015 Personal biorhythms in Enhanced mode for Mohamed Mohamed (born on February 20, 1978)



Additional info - August 2015				
	Physical	Emotional	Intellectual	Intuitive
Good days	Saturday, 15 Sunday, 16	Sunday, 23 Monday, 24 Tuesday, 25	Thursday, 27 Friday, 28 Saturday, 29	Thursday, 13 Friday, 14 Saturday, 15 Sunday, 16
Bad days	Friday, 21 Saturday, 22	Sunday, 02 Monday, 03 Tuesday, 04 Sunday, 30 Monday, 31	Sunday, 02 Monday, 03 Tuesday, 04	Saturday, 22 Sunday, 23 Monday, 24 Tuesday, 25

Average line best day of month: Saturday, August 15, 2015
Average line worst day of month: Tuesday, August 04, 2015

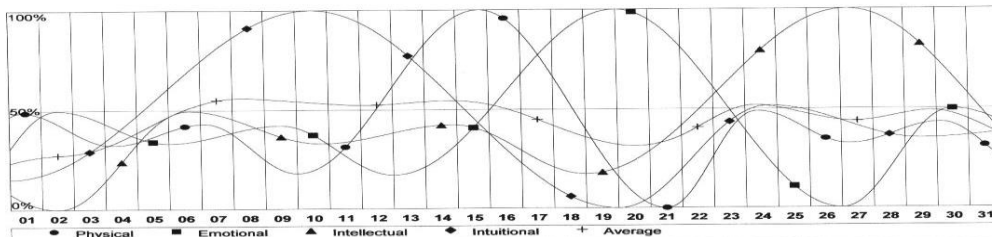
September 2015 Personal biorhythms in Enhanced mode for Mohamed Mohamed (born on February 20, 1978)



Additional info - September 2015				
	Physical	Emotional	Intellectual	Intuitive
Good days	Monday, 07 Tuesday, 08 Wednesday, 30	Sunday, 20 Monday, 21 Tuesday, 22	Tuesday, 29 Wednesday, 30	Sunday, 20 Monday, 21 Tuesday, 22 Wednesday, 23
Bad days	Sunday, 13 Monday, 14	Tuesday, 01 Sunday, 27 Monday, 28 Tuesday, 29	Friday, 04 Saturday, 05 Sunday, 06	Tuesday, 29 Wednesday, 30

Average line best day of month: Monday, September 21, 2015
Average line worst day of month: Sunday, September 13, 2015

July 2015
Personal biorhythms in Enhanced mode
for Mostafa Said Eid (born on February 25, 1991)

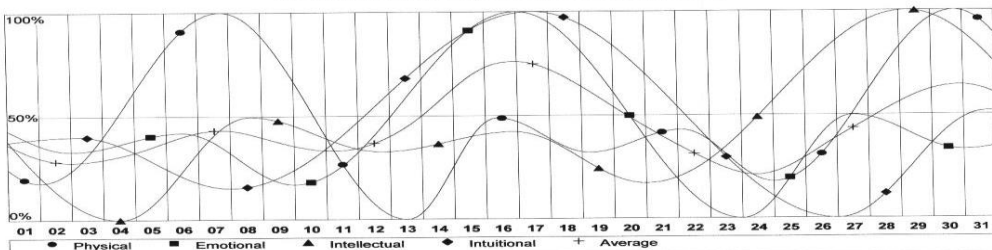


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Wednesday, 15 Thursday, 16	Sunday, 19 Monday, 20 Tuesday, 21	Sunday, 26 Monday, 27 Tuesday, 28	Thursday, 09 Friday, 10 Saturday, 11 Sunday, 12
Bad days	Tuesday, 21 Wednesday, 22	Sunday, 26 Monday, 27 Tuesday, 28	Wednesday, 01 Thursday, 02 Friday, 03	Saturday, 18 Sunday, 19 Monday, 20 Tuesday, 21

Average line best day of month: Wednesday, July 08, 2015
 Average line worst day of month: Wednesday, July 01, 2015

August 2015
Personal biorhythms in Enhanced mode
for Mostafa Said Eid (born on February 25, 1991)

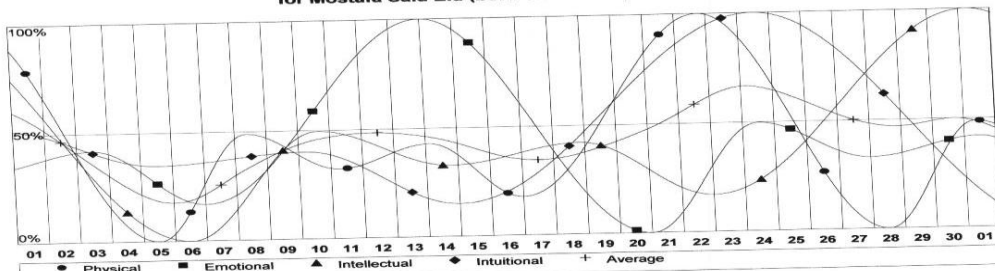


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Friday, 07 Saturday, 08 Sunday, 30 Monday, 31	Sunday, 16 Monday, 17 Tuesday, 18	Friday, 28 Saturday, 29 Sunday, 30	Sunday, 16 Monday, 17 Tuesday, 18 Wednesday, 19
Bad days	Thursday, 13 Friday, 14	Sunday, 23 Monday, 24 Tuesday, 25	Monday, 03 Tuesday, 04 Wednesday, 05	Tuesday, 25 Wednesday, 26 Thursday, 27 Friday, 28

Average line best day of month: Monday, August 17, 2015
 Average line worst day of month: Monday, August 24, 2015

September 2015
Personal biorhythms in Enhanced mode
for Mostafa Said Eid (born on February 25, 1991)

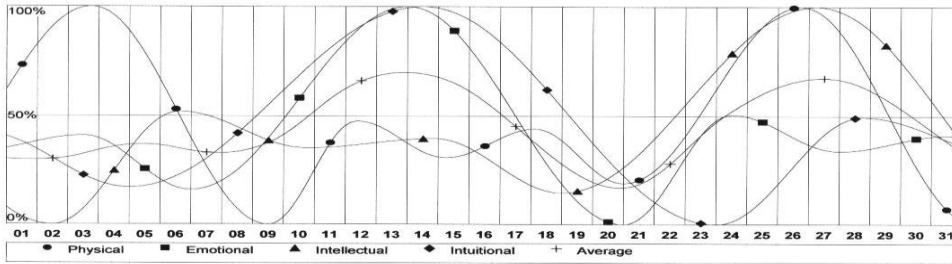


Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 22 Wednesday, 23	Sunday, 13 Monday, 14 Tuesday, 15	Wednesday, 30	Wednesday, 23 Thursday, 24 Friday, 25 Saturday, 26
Bad days	Saturday, 05 Sunday, 06 Monday, 28 Tuesday, 29	Sunday, 20 Monday, 21 Tuesday, 22	Saturday, 05 Sunday, 06 Monday, 07	Wednesday, 30

Average line best day of month: Thursday, September 24, 2015
 Average line worst day of month: Sunday, September 06, 2015

July 2015
Personal biorhythms in Enhanced mode
for Mostafa Saiyd Mosa (born on May 29, 1979)

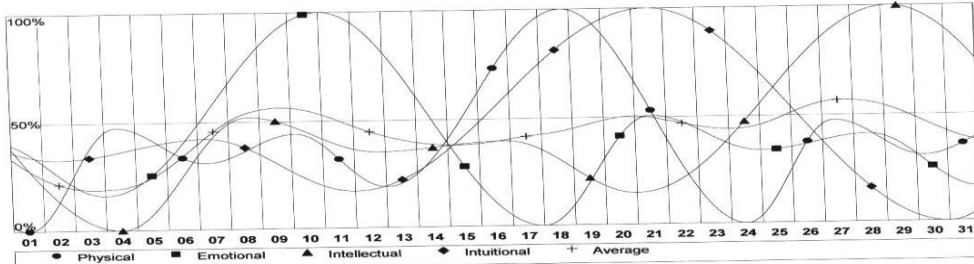


Additional info - July 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Friday, 03 Saturday, 04 Sunday, 26 Monday, 27	Monday, 13 Tuesday, 14 Wednesday, 15	Sunday, 26 Monday, 27 Tuesday, 28	Monday, 13 Tuesday, 14 Wednesday, 15 Thursday, 16
Bad days	Thursday, 09 Friday, 10 Friday, 31	Monday, 20 Tuesday, 21 Wednesday, 22	Wednesday, 01 Thursday, 02 Friday, 03	Wednesday, 22 Thursday, 23 Friday, 24 Saturday, 25

Average line best day of month: Tuesday, July 14, 2015
 Average line worst day of month: Tuesday, July 21, 2015

August 2015
Personal biorhythms in Enhanced mode
for Mostafa Saiyd Mosa (born on May 29, 1979)

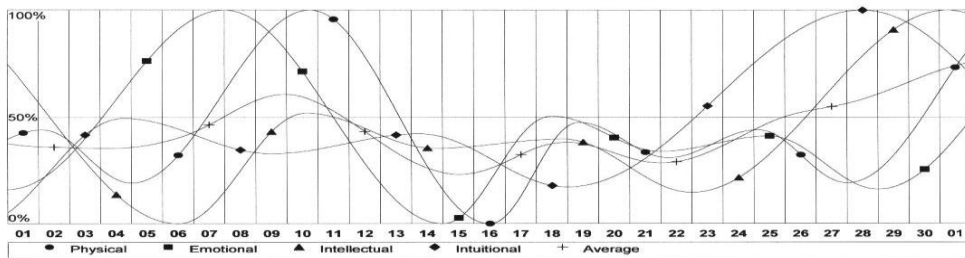


Additional info - August 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Tuesday, 18 Wednesday, 19	Monday, 10 Tuesday, 11 Wednesday, 12	Friday, 28 Saturday, 29 Sunday, 30	Thursday, 20 Friday, 21 Saturday, 22 Sunday, 23
Bad days	Saturday, 01 Sunday, 02 Monday, 24 Tuesday, 25	Monday, 17 Tuesday, 18 Wednesday, 19	Monday, 03 Tuesday, 04 Wednesday, 05	Saturday, 29 Sunday, 30 Monday, 31

Average line best day of month: Friday, August 28, 2015
 Average line worst day of month: Tuesday, August 04, 2015

September 2015
Personal biorhythms in Enhanced mode
for Mostafa Saiyd Mosa (born on May 29, 1979)



Additional info - September 2015

	Physical	Emotional	Intellectual	Intuitive
Good days	Thursday, 10 Friday, 11	Monday, 07 Tuesday, 08 Wednesday, 09	Wednesday, 30	Sunday, 27 Monday, 28 Tuesday, 29 Wednesday, 30
Bad days	Wednesday, 16 Thursday, 17	Monday, 14 Tuesday, 15 Wednesday, 16	Saturday, 05 Sunday, 06 Monday, 07	Tuesday, 01

Average line best day of month: Wednesday, September 30, 2015
 Average line worst day of month: Wednesday, September 16, 2015