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# Comparison of Eight Weeks of Endurance, Resistance and Combination Exercise Training on Aerobic Fitness and Body Composition Changes of Non-Athletics Male Students With Overweight

Poster Presentation

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## Abstract

Today, overweight increasingly is growing in human society so that human, grappled strongly with this problem.

Objective: The aim of this study was to compare the effect of eight weeks of endurance training, resistance and combination exercise training on aerobic fitness and body composition changes non-athlete male students with overweight.

This study is a semi-experimental with control group. The subjects were randomly divided into four groups: control (n = 15), endurance training (n = 15), resistance training (n = 15) and combination training (n = 15). Training groups performed 8 weeks and 3 sessions in week, training program exercise with intensity and specific time of each exercise that time and intensity of exercise in training groups was increase and volume exercises in the all periods were equal and nutritional advice was given to the participants. Aerobic fitness, body mass index (BMI), waist-hip ratio (WHR), waist circumference (WC) and percent body fat (PBF) was measured pre-test and post-test before and after the training period. In order to analysis the data, for compare differences between groups, ANCOVA and Bonferroni test was used. In all tests the significance level was considered as p < 0.05.

The results of the comparison between groups endurance training, strength and combination showed that each of exercises result to significant change in aerobic fitness and body composition ( $P \leq 0/05$ ). In comparison between groups, exercise endurance, resistance and combination on aerobic fitness and body composition were significantly different and the variables of aerobic fitness, BMI, WC, WHR, PBF, combination training was more effective than two other exercises. All three types of exercise separately with diet modification could be improved aerobic fitness and body composition indices. three exercise training protocols due to their similar effects can substitute for each other and can be tailored to conditions in order to improve aerobic fitness and body composition of each and thus reduce the risk factors for premature mortality applied.

## Keywords

Endurance training; Resistance training; Combination training; Aerobic fitness; Body composition; Overweight

## Subjects

Sport physiology & nutrition

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