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Effect of body pump exercise on adiponectin serum level among sedentary obese female

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The prevalence of obesity and its complications is rapidly increasing worldwide. Body pump was created as a muscular endurance workout based on scientific research. The purpose of the present study was to determine body pump exercise effect on adiponectin serum level in sedentary obese females. First of all randomly selected 22 untrained females with average age 25.36 ± 7.50 years old, weight 91.15 ± 13.12 kg, height 164.09 ± 5.92 cm and body mass index (BMI) 33.95 ± 5.95 kg/m² (experimental group) and 20 untrained females with average age 30.63 ± 6.39 years old, weight 85.35 ± 10.65 kg, height 163.55 ± 5.72 cm and body mass index (BMI) 31.92 ± 2.95 kg/m² (control group) who had no exercise training in last one year. The study method was semi-experimental research. In this study experimental group done body pump training with a progressive resistance

training protocol (included eight resistance training, three sessions per week, for totally six weeks) and the control group did not any training during protocol training time. Blood samples were collected after 12- 14 hour fasting in the same conditions at the beginning of program and at the end of 6th week of performance (pre-test and post-test sample). Pre-test and post-test serum adiponectin values were measured. We used Kolmogorov-Smirnov statistical tests to analyze the results and dependent t-test to comparison of pre-test and post-test variables. All calculations were accomplished by SPSS software, version.19. The results indicated that the body pump training on adiponectin volume in experimental group had no significant difference ($p > 0.05$).

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