



Evaluation of the effect of eight weeks of aerobic and TRX training with quinoa supplementation on body index and serum levels of irisin in overweight adult women in Ardabil

Poster Presentation

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Abstract

Introduction: TRX exercise performed by TRX straps is a modern sport and has attracted the attention of many athletes and sports fans. TRX means resistance exercises for the whole body, and that is because of every movement, balance, coordination., Exerts flexibility, strength, speed, endurance, and agility simultaneously on the body, so the resistance of the whole body is greatly increased in the shortest time. The aim of this study was to evaluate the effect of eight weeks of aerobic-TRX training with quinoa supplementation on body index and serum levels of irisin in overweight adult women in Ardabil.

Methods: Among adult women in Ardabil aged 25 to 35 overweight, 32 were divided into three groups (exercise, exercise + supplement, supplement, control). TRX aerobics was performed in 8 weeks and 3 sessions per week. Quinoa supplement (25 g) was taken after exercise. Indices were measured one day before the start of the project and two days after the end of the study. One-way analysis of variance, dependent and independent t-test was used to express the normality of data distribution, and one-way analysis of variance was used to analyze the data. Data analysis was performed at a significance level of 0.05 using SPSS-22 software.

Results: Body fat percentage, body fat mass after 8 weeks of training, and supplementation were significantly reduced compared to before supplementation. In contrast, there was no significant difference between serum irisin levels, weight, WHR, BMI, lean body mass after 8 weeks of exercise and supplementation compared to before exercise supplementation.

Conclusion: The present study results showed that aerobic exercise-TRX combined with quinoa supplementation could improve the body mass index and serum levels of irisin in overweight adult women.

Keywords

Aerobic Exercise-TRX; Quinoa Supplement; Body Index; Irisin

Reference:

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