



The effect of 6 weeks of HIFT training with gensing supplementation on physiological characteristics of obese men

Poster Presentation

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Abstract

Introduction: The aim of this study was to investigate the effect of 6 weeks of HIFT training with Gensing supplementation on physiological parameters of obese men.

Methods: This quasi-experimental study was conducted with a pretest-posttest design. In this study, 40 obese men with a body mass index of more than 25 were randomly divided into 4 groups: supplement (n = 10), exercise (n = 10), exercise-supplement (n = 10) and control (n = 10). In this study, the HIFT protocol was performed in the form of exercises (CrossFit). Subjects in the supplement-training group and the training group participated in a 60-minute training program for 6 weeks and 3 sessions per week. Subjects in the supplement and supplementation group received ginseng supplementation at a dose of 500 mg per week (250 mg in the morning and 250 mg in the evening) for 6 weeks. The Rockport test measured aerobic power, and the Wingate test measured anaerobic power for 30 seconds. After summarizing the characteristics of the subjects using descriptive statistics, the normality of data distribution was examined using the Shapiro-Wilk test. Then, in the inferential statistics section, the research hypotheses were examined by statistical methods of analysis of covariance and paired t-test. All statistical calculations were performed using SPSS software version 24 at a significance level of 0.05.

Results: The results of the present study showed that performing HIFT exercise with Gensing supplementation has a significant effect on the physiological parameters of obese men.

Conclusion: There are various ways to control obesity and overweight, such as medication, diet, surgery, and exercise. But among the various strategies, physical activity and exercise is the best and most appropriate strategy to combat obesity and overweight.

Keywords

HIIT; Gensing; Physiological; Obese

Reference:

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