

## Comparison of resistance training with two reverse Superset and Superset methods on physical fitness and body composition in bodybuilder men

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### **Abstract**

**Objective:** The purpose of this study was to compare resistance training with reversed supersymmetry and combined superset on physical fitness and body composition of male bodybuilders.

**Methods & Materials:** This quasi-experimental study was conducted on the selected bodybuilding men of Rasht city club. Thirty individuals were randomly divided into three groups, namely Reversed Supervisor (n = 10), Hybrid Superset (n = 10) and Control (n = 10). Resistance training was performed in both groups for 6 weeks and 3 sessions per week. Before and after exercise, physical fitness indices including muscle strength, endurance, and low body anaerobic power and body composition including body mass index, fat percentage and lean body mass were measured. Data were analyzed by SPSS software version 23 with a significant level ( $P < 0.05$ ).

**Results:** Statistical results showed that there was a significant difference between the three groups in the variables of chest press, leg press, anaerobic power and subcutaneous fat ( $P < 0.001$ ). But there was no significant difference between the three groups in abdominal muscular endurance, body mass index and lean body mass ( $P < 0.05$ ). The amount of chest press, leg press, muscle endurance, subcutaneous fat in all three groups increased significantly from pre-test to post-test. However, the increase in the Superstring group was higher than the other two groups ( $P < 0.001$ ). The amount of anaerobic power increased significantly in all three groups from pre-test to post-test. However, the increase in the group of combined superstar was higher than the other two groups ( $P < 0.001$ ).

**Conclusion:** A period of reverse and hybrid exercise training has similar positive effects on strength, anaerobic power, muscle endurance, and body composition.

**Keywords:** Reverse superset, Combined superset, Physical Fitness, Body Composition