

# **Effect of Two Parallel & Resistance Exercise training on Body Composition and Some Physical Fitness Factors in Non-Athletes Women**

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**The purpose of this research was investigating the impact of two training methods of parallel and resistance on body composition, and some physical fitness factors in non-athletes women. Therefore 31 non-athletes women, who were 20 to 35 years, voluntarily participated in this study. Subjects (treatment group) randomly categorized in three training groups of parallel, resistance and control. Treatment group practiced 3 days per week and totally during 6 weeks. Their descriptive characteristics such as weight, the ratio of waist to hip, body mass index, body fat percentage, subcutaneous fat of three part of body were measured. As well as, the power and endurance of subjects were evaluated at the beginning and end of research. The power and ability of subjects has been examined by one Repetition Maximum test (1RM) in bench press and the strength of claw hand and evaluating leg strength by using a dynamometer. In addition, to measure abdominal and upper body muscle endurance, Swedish sit ups and swimming tests have been used. Resistance training has been done three times in 12 repetitions and its intensity during the first week of starting was 40- 65 percent and reached to 80 percent at 6th week. Parallel training include aerobic endurance training, stop, with an intensity of 65 percent maximum heart rate in the first week which reached to 80 percent of maximum heart rate in the sixth week; and strength training, at the first week was 50 percent of starting one repetition maximum, and reached to 80 percent in the sixth week. After 6 weeks, strength and endurance in all physical movements of both groups increased significantly. (P0/05)**

**Keywords : Resistance Training, Parallel Training, Body Composition, Physical Fitness,**

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## Non-Athletes Women

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