The effect of a combination of aerobic - resistance with omega-3 supplementation on liver enzymes (ALT, AST) and young women experienced physical parameters.

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The aim of this study was to effect a combination of aerobic exercise - resistance with omega-3 supplementation on liver enzymes (ALT, AST) and indices Jmsany young women were trained. In this study, 30 women aged between 20 and 35 years of Varamin city BMI less than 24 is available and ed non-randomly in three groups of 10 subjects each. Group I: control group, the second group: combined training (aerobic and resistance training three times per week) without supplementation with omega-3 and the third group combined training with their daily intake of omega-3 in two portions. Subjects aerobic and resistance training 3 times a week for 6 weeks. Study variables were measured body fat percentage, weight, height, waist to hip ratio, fat-free mass and liver enzymes (ALT, AST), respectively. Data were analyzed using the Kolmogorov-Smirnov, two-factor ANOVA and paired T-test and significant levels (05/0

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