

# **The effect of two different methods of endurance and resistance training intensity and volume on anaerobic power, body composition, aerobic capacity and speed in non-athletic girls**

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**This study compares the effect of endurance and resistance training with the same intensity and the same value on anaerobic power, body composition, aerobic capacity and speed in non-athletic girls. In this regard, the number of 30 athletes in three groups of ten girls in the control group (Group A) (mean age  $22.40 \pm 3.33$ , Height  $1.63 \pm 0.01$  m), Group II (intensity resistance training group high-volume low-volume high and low endurance) (mean age  $21.60 \pm 3.50$ , height  $1.62 \pm 0.02$  m) and third (high-intensity resistance-training group at low volume and endurance low-volume high) (mean age  $22.10 \pm 4.50$ , height  $1.63 \pm 0.02$  m) were divided. Three days a week for eight subjects to exercise their continuous parallel. Paired t-test in the study for comparison within groups, ANOVA test and post hoc tests were used to compare groups. The results showed significant differences in concurrent training groups compared to the control group in all variables of physical fitness (body composition, muscle strength maximum aerobic power and anaerobic power, speed) there are (p for all variables= 0.00). This is despite the fact that only in anaerobic power was a significant difference between group II and group III (P= 0.00), While in body composition, aerobic capacity, muscular strength and speed difference was not significant (p= 0.26, p= 0.25; p= 0.30; p= 0.30; p= 0.13, respectively). So it can be said that a parallel exercise to improve physical variables in girls female athletes. Hence the need to use different volumes of aerobic exercise and a high attention in a training program**

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**Keywords : aerobic, speed, muscle strength, body composition, aerobic capacity, anaerobic**

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