

The effect of 12-week resistance training on left ventricular structural parameters in non-athlete healthy men

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Abstract The aim of the present study was to investigate the effect of 12-week resistance training on left ventricular structural of non-athlete healthy men with the help of echocardiographic variables. Twenty asymptomatic non-athlete male voluntarily participated in the study. Subjects were randomly divided on BSA value basis to resistance training RT (n=10) and control (n=10) groups. After physical examinations, myocardial speckle tracking echocardiography was performed at after 4, 8 and 12 week of resistance training (RT group) and detraining (control group). The left ventricular remodeling index, which is indicative of the pattern of cardiac hypertrophy, was calculated. The acquired data were analyzed by SPSS software and using repeated measures method. Absolute and relative Left ventricular (LV) mass and posterior wall thickness in diastole (PWTd) increased (mean difference, 32.4 gr, 15.4 gr/m² and 1 mm, respectively) significantly in the after the 12 weeks of RT period (p

Keywords : Keywords: Left ventricular mass, resistance training, echocardiography

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