

# **The effects of the compare aerobic-resistance training of green coffee on basal metabolic consumption, relax and hormones testosterone and cortisol in women, overweight and obese**

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**Abstract** The aim of this study was to evaluate the effects of the compare aerobic-resistance training of green coffee on basal metabolic consumption, relax and hormones testosterone and cortisol in women, overweight and obese. **Method:** it was a semi - experimental research that includes of healthy non-athlete 25 to 35 years old women with overweight in Rasht. Of the 40 subjects, 30 subjects were ed, and 10 were divided into 3 groups. Basal metabolic measurement has been taken in all 3 groups before and after 8 weeks of training. And also the blood samples have been taken 24 hours before and after last session. In order to analyze the collected data independent t, t-test and SPSS software had been used (with significant level of p

**Keywords :** Keyword: green coffee- testosterone- cortisol- metabolic- aerobic-resistance training.

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