# Effects of Two Programs of Body Cooling on Changes in Blood Lactate and Heart Rate after Maximal Aerobic Exercise in Young Athletes

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**Introduction: Today, the use of recovery as an active, passive, massage, stretching, electrical stimulation and combination of them have been attention, but, the results of studied on their effectiveness is conflicting purpose: The purpose of this research was to study effect of two programs of cooling body on changes in blood lactate and heart rate after maximal aerobic exercise in young athletes. Materials and Method: This semi-experimental study; for this purpose, 10 male young athlete (mean age ± SD; 22.70±2.11 years; mean height ± SD; 177.60±5.90 cm; mean weight ± SD; 75.20±6.19; mean BMI ± SD; 23.81±0.79 kg/m2) were voluntarily ed as a sample. Subjects performed standard warm up for 5 minutes, and then immediate maximal aerobic exercise. After five minutes active recovery, subjects practiced two programs of cooling body (active and passive rest). Blood samples of right index finger and in the previous periods, immediately after the practice and also the return of the primary state in order to measure the amount of blood lactate. Furthermore heart beat index was measured in the previous stages immediately after the practice and it was used for the analysis of Independent T- test, variance analysis testing date with the repeated measure by the intra and inter group factor and Banfron s persuading testing (P**

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