

Effect of high intensity resistance training, moderate intensity resistance training and resisted sprint training on body composition and some factors physical fitness in females athletes .

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Abstract Introduction: the aim of this study the effect of high-intensity resistance training, moderate intensity resistance training and resisted sprint training on body composition and some factors physical fitness in females athletes . **Materials and Methods:** 25 women trained were randomly divided into one of three groups, high-intensity resistance exercies (n = 9, age: 28/22-2/77, bmi: 22/04-2/34), moderate intensity resistance exercies (n = 9, 27/75-4/23, bmi: 23/1-1/63) and resisted sprint training (n= 8, 26-2/26, bmi: 24/4-/05). before and after exercies the body mass index (BMI(, waist to hip ratio (WHR(, body fat percentage (BF% (and percentage of without body fat, strength flexibility and anaerobic power was measured. **Results:** we have three types of resistance training the BMI was reduced. High intensity resistance training and resisted sprint training improved WHR. modearate-intensity resistance training and resisted sprint had a significant effect on percentage of body fat and high intensity resistance training showed no significant effect. all three types of resistance exercies on weight without fat are not significant. high-intensity resistance training and resisted sprint training both the strength of the uppe body significant effect, and moderate intensity resistance training on strength was not significant.high intensity resistance training modearate resistance training improved strength lower body. three types of resistance training on flexibility has a meaningful effect. Resisted sprint training have been influence on anaerobic power and ineffective in two other training. **CONCLUSION:** it results showed three types resistance training approximately improves body composition. high intensity

resistance training and resisted sprint training increased strength and flexibility compared with moderate intensity resistance training.resisted sprint training improves anaerobic.

Keywords : Keyword: resistance training, resisted sprint training, body composition, fitness

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