

The Comparison Effect of aerobic training with different intensities on some cardiovascular risk factors in middle-aged men non-athletes

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The aim of this study was to Effect of aerobic training with different intensities on some cardiovascular risk factors in middle-aged men non-athletes. Forty- five overweight in middle-aged men non-athletes were randomized into aerobic 1(n=15) (age: 48.77 ± 1.83 years, height: 174.15 ± 5.46 cm, weight: 79.38 ± 9.62 , BMI: 28.20 ± 4.37 kg/m²), aerobic 2(n=15) (age: 46.62 ± 1.89 years, height: 179 ± 4.25 cm, BMI: 29.05 ± 3.1 kg/m²) and control (n=15) (age: 48.70 ± 2.05 years, height: 177 ± 7.99 cm, BMI: 29.80 ± 4.00 kg/m²) groups. Before and after 8 weeks Measurement of anthropometric factors and LDL, HDL, TC, TG, SBP, DBP were down. Aerobic1 training for eight weeks, 3 sessions per week and each session was 32 minutes with 65-75% maximum haert rate for fourth place were staggered. The aerobic 2 training on 3 session weekly with 55-65% maximum haert rate for 30 minutes for the continuation was perform. The results of this envistigation have shown the airobic1(65-75% maximum haert rate) has significant effect on BMI, BF percentage, WHR, profile lipid and blood pressure, and Between aerobic2(55-65% maximum heart rate) on body mass index, WHR, LDL, TC, TG has a significant effect, However aerobic2 had no significant effect on HDL and blood pressure. Based on the current study it seems that airobic exercises with 65-75% maximum haert rate is effective reduce Cardiovascular disease.

Keywords : Aerobic training, Cardiovascular risk factors, middle-aged men

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