

Comparison of Resistance Exercises with Two Different Volumes on the Body Composition, Muscle Strength and Body Circumference among Male Bodybuilders

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Mohammad Reza Shakouri Shaldehi Abstract Background and Aim: The aim of this study was to compare resistance exercises with two different volumes on the body composition, muscle strength and body circumference among male bodybuilders. The subjects were 20 male bodybuilders (average age 22.3 ± 3.7 years, height 174.5 ± 4 centimeter, weight 81.42 ± 6.2 Kilograms) which was ed through the distribution of ads in the clubs of the bodybuilders of the city of Rasht. The participants were randomly randomized into two groups: low volume ($n=10$) and high volume of strength training ($n=10$). Before and after a four-weeks exercise program was evaluated body composition (BMI, WHR, lean body weight and body fat percentage), muscle strength (bench press and squat) and body circumference (arm circumference, chest circumference and thigh circumference). To compare the results before and after the training period in each group was used t test correlated and also independent t-test was used to measure the results of the two groups. The significant level was determined at P

Keywords : Body Composition, Muscle Strength, Body circumference, Bodybuilding.

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