

The effect of 8 weeks of resistance training with Iranian Tribulus terrestris extract on serum lipid profiles and liver enzymes in novice young men

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Abstract Objective: This objective of this study was effects of 8 weeks of resistance training with Iranian Tribulus terrestris extract on serum lipid profiles and liver enzymes in novice young men. **Methods:** The study in young athletes ages 18 to 32 years in the sport of bodybuilding beginner formed, In workout in the gym in the city of Rasht were, Among those eligible to participate in the study, 40 patients were randomly ed sampling. They were randomized into four groups: resistance training with Tribulus terrestris supplementation at a dose of 600 mg (n = 10), RT group Tribulus terrestris supplementation at a dose of 900 mg (n = 10), group resistance training with Tribulus terrestris supplements at a dose of 1,500 mg (n = 10) and control group with resistance training and placebo (n = 10), were grouped. The training program includes gestures for upper extremity resistance group include chest press, pull down curls, biceps and triceps with a barbell and gestures to strengthen the lower extremities, including Scott with the device on an inclined surface behind the front foot and the leg. The movement of sit-ups to strengthen the abdominal and trunk muscles were. Data using SPSS version 22 was tested and the results using t-test and ANOVA were analyzed. The results showed that post-low-density lipoprotein, high density lipoprotein, cholesterol, triglycerides decreased and a significant increase in upper body strength in the four groups were created. But lower-body muscular strength index only in Tribulus terrestris -600 dose was not significantly different. Indicators of liver enzymes in none of the groups showed no significant difference. The group also showed a significant difference in cholesterol index. **Conclusion:** The results showed that resistance training with different doses

Tribulus terrestris can be on blood biochemical parameters, liver enzymes and muscle strength to be effective.

Keywords : Keywords: plant Tribulus terrestris, resistance training, muscle strength, blood biochemical parameters, liver enzymes.

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