

# **Effect of HIIT with low volume on body composition, aerobic capacity, glucose metabolism and inflammatory factors in overweight men.**

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**The purpose of this research was to study the effect of HIIT with low volume on body composition, aerobic capacity, glucose metabolism and inflammatory factors in overweight men. Twenty-four overweight men aged 30 to 35 years old were randomly divided into two groups of 12 subjects with HIIT low-volume exercise and control group. The experimental group performed their training program for 8 weeks and 3 sessions per week. The exercise program included 20 minutes of warming up with a variety of ducts, tensile and tightening movements, and then the main training part. Descriptive statistics were used to calculate central indices, scatter and draw tables, and Kolmogorov-Smirnov test was used to determine the natural distribution of data. In inferential analysis, t-test was used to compare the results before and after the exercise program in each group. Independent t-test was used to compare the results of the two groups. All statistical operation was performed by software (SPSS) version 23 and significance level of tests at  $p \leq 0.05$ . The results and findings of the research showed that, based on independent t-test and assuming the equality of variances, there is a significant difference between the post-test difference between the experimental and control groups in all the research variables (p**

**Keywords : HIIT with low volume, body composition, aerobic capacity and inflammatory factors.**

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