

# The Effect of Two Weeks Detraining on Vaspin and Glycemic Indexes of Inactive Male

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**Aim:** aim of present study was to review the effect of two weeks detraining on vaspin and glycemic indexes of inactive male. **Method:** 22 inactive staff of fars science and research branch of Islamic azad university ed and base on their aerobic power divided in two groups of experimental and control groups. Experimental group ran on treadmill for 8 weeks, 3 session per week and 45 minute by intensity of 60- 70 percent of heart rate reserve per session. Control group did their Dailey activities. After that experimental group dismiss trainings for two weeks. Before start the research, week eightieth and after ten weeks blood samples gathered. For statistical analyses of data used repeated measure test ( $\geq\alpha 0.05$ ). **Findings:** results showed that there is no significant different changes in vaspin ( $p=0.50$ ), fasting glucose ( $p=0.85$ ), insulin ( $p=0.95$ ) and insulin resistance ( $p=0.065$ ) in pre, first post test and second post test of experimental and control groups. **Conclusion:** regard to finding of present study it concluded that 2 weeks detraining after eight weeks aerobic training has no significant effect on vaspin and glycemic indexes of inactive male. **Keywords:** detraining, vaspin, glycemic indexes

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