

Effect of TRX training on body composition, physical fitness, cortisol levels and IGF-I Active female serum

Mona Talebi Sayad*,

The purpose of this study was to investigate the effect of TRX training on body composition, physical fitness, cortisol levels, and IGF-I in active women. The Statistical Society of the study was 83 non-smoker healthy women in Bandar-Anzali, Fidar club, who had healthy and unsafe health who volunteered to, participate, with a total of 20 active women as a sample. And based on the intention to collaborate in the research, to make a statement and to continue to the end of the study and participate in the relevant examinations. the subjects were divided into two groups of 10, experimental group (age 27.05 ± 5.26 , 22.99 ± 1.96 kg / m² BMI) and control group (age $10 / 27 \pm 27.2$ years, BMI 22.10 ± 1.56 kg / m²) randomly. The experimental group trained for 6 weeks, 3 sessions per week for 60-50 minutes under the supervision of the international trainer TRX; the initial 10 minutes of the warm-up training session were devoted and the last 5 minutes of the session to the stretching for cooling Allocated. TRX Exercise Exercises include the front of the thigh with a strap in the upright position, an upside-down swath of the sides, a leg pressed to the open arms with a strap, swim with hand movements the sides, scots, the front of the arm with a strap and back of the arm with a strap. And the control group did not have any interventions. 48 hours before and after the training program of laboratory tests (cortisol and IGF-I) and field (strength, endurance, flexibility, speed, agility and balance). The findings of the study showed that 6 weeks of TRX training can have significant effects on some physiological indices (p

Keywords : TRX exercises, physical fitness, cortisol, IGF-I

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