

Comparison of Hatha Yoga and Pilate's workout program on ed indicators of physical fitness and health-related variables, heart rate was untrained young women

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Objective: The aim of this study was comparison of Hatha Yoga and Pilates workout program on ed indicators of physical fitness and health-related variables, heart rate was untrained young women **Methods:** This quasi-experimental research, which was conducted in this field. The study population untrained young women aged 20 to 30 formed in Rasht. Accordingly of the 100 patients, 60 were randomly assigned eligible patients were randomly assigned to two groups. The control group with an average age of 24.55 ± 2.79 years, body mass index 20.28 ± 0.70 kg / m² and group yoga with an average age of 24.55 ± 2.62 years and body mass index 20.35 ± 0.91 kg / m² and Pilates group with an average age of 24.20 ± 2.78 years, body mass index 20.31 ± 0.50 kg / m² were. Yoga and Pilates exercises were carried out for 8 weeks, two sessions per week, each session an hour. Before and after 8 weeks of training, physical fitness measurements, body composition, aerobic capacity, anaerobic power and heart rate were measured variables. Statistics by Paired t-test and ANOVA through SPSS version 21 was measured. The results showed between pre and post test scores for body mass, subcutaneous fat, waist to hip ratio, fat-free mass and flexibility, muscular endurance, strength, balance, aerobic capacity, anaerobic power and heart rate in group yoga and Pilates difference was created significant. Between the three groups surveyed in BMI, subcutaneous fat, waist to hip ratio, fat-free mass flexibility, strength, muscular endurance, balance, aerobic power and no significant difference was resting heart rate(p

Keywords : yoga, Pilates, physical fitness, body composition, heart rate, blood pressure

