

The comparison of Pilates with yoga on body composition, ed factors of physical fitness, The relative indicator of heart work and general health on nonactive women

Mojgan Esmaili Ranjbar*,

The purpose of this study was to compare Pilates training with yoga on body composition, ed factors of physical fitness, relative index of carcass and general health of inactive women. The statistical population of the study included 30 non-active women divided into two groups of 15 people. For a group of Pilates exercises and for another group of yoga exercises. The protocol was considered for 8 weeks, 3 sessions per week (time for Pilates 60 minutes, and time for each 90 minute jogging session). Before and after 8 weeks of training, subjects were tested by Swedish swim test, aerobic capacity, WHR and fat percentage, dynamic balance, lower limb flexion, agility, resting heart rate, systolic blood pressure. Regarding t and significant level, it was found that between the scores before and after the test of upper strength index, agility, waist-hip ratio, body fat percentage, anaerobic power, muscular endurance and resting heart rate, general health and aerobic power in the group There was a significant difference between Yoga and Pilates. There was a significant difference between the scores before and after the balance test in the yoga group. There was no significant difference between the scores before and after the test of flexibility index in yoga and experimental groups. The results of the difference in scores between groups in pre and post test of upper strength index, agility, balance, anaerobic power and general health were significantly different. The results of the difference in scores between the groups in the pre and post test of muscular endurance index and flexibility, and the ratio of waist circumference to hip, body fat percentage, heart rate and aerobic power were not significantly different. Conclusion: The results showed that a yoga and Pilates training course is useful on physical fitness, heart rate and

general health indices.

Keywords : Pilates, Yoga, Physical Fitness, Heart Rate, General Health

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)