

Aphrodyst Complex Effects Delayed muscle contraction and sexual self-efficacy of non-athletic men following a progressive resistance activity session

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The statistical population of this research is all non-athletic men in Rasht, among whom 20 were randomly ed. The subjects were randomly divided into two groups of 10. The first group received 1500 mg of Aphroditat tablet (500 mg per hour) and the second group received 1000 mg of lactose daily (placebo) per day. People used Aphrodit and lactose for 21 days before and 24 hours after progressive resistance activity. Sexual self-efficacy questionnaire - Lotfi, which was adapted the Schwarzers questionnaire - was used to determine the amount of self-efficacy, sexually-volunteering, exercise, and pre-supplementation, and after the exercise protocol, and the scores were subsequently compared. Sports program: A resistance training program consists of five stations, which are scots, chest press, foot presses, front arm and head bolt. Each movement consisted of three turns and each turn containing 8 to 10 repetitions. Between each turn 90 seconds and between each station, 5 minutes of rest were included, the activity intensity was 75% of a maximum repetition that was performed after 15 minutes of warming. Analysis of variance with repeated measurements and covariance was used at a significant level of 0.05%. SPSS-23 software was used to analyze the data. The results of repeated measures analysis of variance analysis indicate that there is a significant difference between 5 steps before activity (1), immediately (2), 24 hours (3), 48 hours (4) and 72 hours (5) after activity Muscle cramps, deltoid, chest, throat, chest and muscle pain. Also, the result of Bonferroni post hoc test showed that there was a significant difference between the control and experimental groups in comparison of the pairs of quadruple muscle abrasions, serine muscle soreness, deltoid and muscle pain in all 5 stages (p

Keywords : Aphrodite supplementation, Resistance training, Delayed sore throat, Dyspnea, Sexual self-efficacy.

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