

# **The effect of 4 weeks combined training (aerobic - resistance), along with taking garlic powder, on IL6, LDH, resting blood pressure, body composition, and some other factors of sedentary women**

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**Background and goal:** the aim of this study was investigating the effect of 4 weeks combined training (aerobic - resistance), along with taking garlic powder, on IL6, LDH, resting blood pressure, body composition, and some other factors of sedentary women . The participators of this study, were 27 healthy volunteers untrained women, which randomly divided into three groups, supplements exercise (n = 9), exercise (n = 8), and control (n = 10) groups. **Materials and Methods:** Participants in the 4 weeks period began aerobic - resistance exercise, 3 times in a week, and each session was 90 minutes .. Aerobic exercise intensity, progressively increased target heart rate of 75-60 percent, . Resistance training consists of 60 minutes exercise, with 80-60 percent intensity , and one maximum repetition, ((1RM), which contains 6 movement, and these exercises, was done in three periods and 12 repeats , with 3 minute rest intervals between devices . **Variables included:** height, weight, resting blood pressure, , and antropometric indicators, including body mass index (BMI), waist to hip ratio (WHR), (BF%), body weight without fat (LBM), that each of the variables before the start of training period and after that was evaluated. Also 1,200 mg garlic powder Supplement was used for 4 weeks, at every day, by supplements exercise groups, . Participants in the control group did not participate in any sports activities and only do their own daily lives. Fasting blood samples, in pre-test and post-test, followed by 30 days of not eating foods containing garlic, in practice, and control groups , and 24 hours before and after the training period, 5 cc of blood the brachial vein, collected , and then were analyzed by Autoanalyzer . Data analysis was done

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with using correlated t-test, and ANOVA statistical model ( $p < 0/05$ ). Systolic blood pressure in supplementation exercise group showed a significant reduction ( $p$

**Keywords : Key words: Aerobic - resistance exercise , IL, lactate dehydrogenase, sedentary women**

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