

The Effect of the Resistance Training with Vascular→ Obstruction on Growth Hormone, Strength, Muscular Endurance, Power and Body Fat Percentage in Male Bodybuilders

Salar Haghiparast Parsi*,

One of the goals of bodybuilder men is to improve the physical appearance and fitness factors that can be achieved by performing resistance training. the purpose of this research was to compare the effect of resistance training with vascular obstruction on ghrowth hormone, Strength, Muscular endurance, power and body fat percentage in male bodybuilders. For this research twenty-four bodybuilders with at least two years of training experience and the age average was 25.6 ± 1.9 years and the weight was 79.28 ± 6.28 kg and the BMI was 24.69 ± 1.8 kg / m² were chosen and were divided into two groups;one group, resistance training with vascular obstruction and the other group, resistance training without vascular occlusion. Both groups had a training plan consists of two days arm training per week for six weeks.they had six different moves in their workout plan,three training for biceps and three training for triceps.before and after the six weeks training plan a blood test was taken volunteers;the body fat percentage was also measured with caliper.for measuring the strength and muscular endurance,barbell curl movement and overhead triceps extension was used.also the muscular endurance was tested with medicine ball throwing.vascular obstruction was done with cuff on the upper part of the arm.in inferential analysis of Shapiro_wilk test research findings and t-test was used for testing the naturality of the data distribution.independent t-test or mann-whitney was also used for the research hypethesis.a significant level was considered.(P

Keywords : resistance training, vascular obstruction, Growth hormone, power, Muscular Endurance, Strength, body fat percentage

