

Effects of HMB Supplementation with ed Resistance Training on Some Blood Biochemical Factors and Strength in Bodybuilders

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The most important and effective way to improve ability and gain high fitness level is to combine effective exercise and proper nutrition. The purpose of the present study was to investigate the effect of eight weeks of resistance training with dual pyramidal loading pattern and HMB supplementation on serum levels of muscle damage, liver damage, renal function, lipid profile and muscle strength factors in trained bodybuilders. In this study, 40 men aged $22/95 \pm 3/13$ years with at least 6 years of experience in ed club in Lahijan were ed and randomly divided into two groups of resistance training HMB supplementation (n=20) and resistance training placebo (n=20). Both groups practiced resistance training with a dual pyramidal loading pattern for eight weeks, three days a week, and took supplementation or placebo three times daily (at morning, lunch and dinner). In order to investigate the normality of the data distribution, Shapirovilk test was used and to test the research hypotheses, independent t-test for intergroup differences and paired t-test for intra-group differences was utilized at the significant level P

Keywords : Dual Pyramid Pattern Resistance Training, HMB Supplementation, Muscle Damage Indicators, Kidney Function Indices, Muscle Strength, Bodybuilders

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