

# **Comparison of the effect of two types of elastic training program with and without restricting blood flow on physical fitness, body composition and fatigue index of Taekwondo women**

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**Background and Aim:** The aim of the present study was to compare the effects of two types of elastic training with and without blood flow restriction on indicators such as physical fitness, body composition and fatigue of female taekwondo athletes.

**Methodology:** The population consisted of 30 female taekwondo athletes (mean age  $17.00 \pm 3.3$ , height  $161.5 \pm 6$ , weight  $58.42 \pm 6.2$ ), who were screened through initial screening, and were randomly divided into 3 equal groups of elastic exercise, elastic BFR and control. The total duration of the study lasted 6 weeks and training was performed with a 3 sessions per week which each intervention session lasted 60 minutes. Then, the indicators such as body composition (BMI, fat percentage and lean body weight), physical indices (muscle endurance, balance, muscle strength, anaerobic power, fatigue) were evaluated. The paired t-test and Wilcoxon test were used to compare the results before and after among the two groups. The results of the three groups were compared using one-way ANOVA, Kruskal-Wallis and Tukey post hoc test. The significance level was determined at P

**Keywords :** Taekwondo, Body Composition, Elastic Exercises, Blood Flow

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