

اثر مکمل ال آرژنین همراه با تمرین مقاومتی بر قدرت، استقامت و حجم عضلانی و توان بی هوازی مردان ورزشکار رشته پرورش اندام

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-The purpose was to investigate the combined effects of resistance exercise and L arginine supplementation on on strength, endurance and muscle mass and aerobic power in male bodybuilders. Twenty men between the ages of 20 to 30 years who have gone through basic training Bodybuilding for 6 months, were ed to investigate voluntarily and responded to the questionnaire. The subjects of the study were randomly divided into two groups: a experimental group (n = 10; age: 27.3 ± 2.79 ; body mass: 75.15 ± 8.43 kg; height: 175.45 ± 6.26 cm), and a control group (n = 10; age: 23.2 ± 2.14 ; body mass: 75.03 ± 13.96 kg; height: 178.05 ± 7.77 cm). Participants' performance were described in pre and posttest and were measured body composition and anthropometric (weight, height, body mass, fat mass, lean mass) and round muscles (arm, forearm, chest, waist, thighs and legs), at the beginning and end of the test and list the demographic characteristics of subjects were recorded. All participants were asked not to do physical activity outside the program and also not to change their dietary habits during the study period. The experimental group received 3 grams of L-arginine daily, while the control group exercise similar to them, but instead arginine received protocol. Both groups participated in a same resistance training program 6-week exercises program for 4 sessions per week, for 6 weeks with supervision. Evaluation index anaerobic power (vertical jump) and muscular endurance (horizontal) and muscle strength evaluation of subjects were calculated using one-rep max (1RM). In the inferential analysis, the Kolmogorov-Smirnov test was used to investigate the normality of data distribution. In order to compare variables in male bodybuilders in pretest and posttest and also to compare variables changes during study was applied, respectively, paired sample t tests and independent sample t tests. The results showed that there was no

significant difference in the measurement of fat mass between groups that have consumed arginine or placebo (P

Bodybuilding ,Exercise Resistance ,Supplements arginine-L :Words Key : کلمات کلیدی :

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