

Effects of traditional training method in the improvement of body composition parameters in 18-25 years old subject

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Abstract

Traditional strength workouts are those that use resistance training principles. They include isolating a specific group of muscles and lifting weights to maximize muscle strength usually including exercises like arm curls, leg presses, dip machines, etc. Body composition is a method of describing what the body is made of. Body composition analysis can accurately show changes in fat mass, muscle mass, and body fat percentage. This can help validate services like personal training, patient care, and corporate wellness. Main objective of this study was to evaluate the effects of traditional training method in the improvement of body composition parameters in 18-25 years old subjects. A total of 290 subjects 18-25 years old were enrolled in this study but only 22 (6 males & 16 females) have been selected to take part in the intervention exercise program that have in focus the improvement of the overall body composition parameters. For body composition evaluation we have used TANITA (BC-601) (*BIA, Bioelectrical Impedance Analysis*). We made a classification according to their body type (*Ectomorph, Mesomorph and Endomorph*) and after this we have defined the type of exercise program for each of the subjects. There are improvements in all parameters of body composition from measurement 1 to measurement 2 in both females and males. Based on the results there is a significant decrease in % body fat mass, visceral fat and a significant increase in total body muscular mass. We think that measuring body composition is an important key parameter for general population but also those exercising with sports or physical activity in order to understand and make the difference between body weight as a general parameter.

Keywords: *Traditional training, body composition, health*