

**Effect of bodypump exercise on adiponectin serum level among sedentary obese female****Elham Ahmadi***Islamic Azad University, Iran*

The prevalence of obesity and its complications is rapidly increasing worldwide. Bodypump was created as a muscular endurance workout based on scientific research. The purpose of the present study was to determine of bodypump exercise effect on adiponectin serum level in sedentary obese females. First of all randomly selected 22 untrained females with average age  $25.36 \pm 7.50$  years old, weight  $91.15 \pm 13.12$  kg, height  $164.09 \pm 5.92$  cm and body mass index (BMI)  $33.95 \pm 5.95$  kg/m<sup>2</sup> (experimental group) and 20 untrained females with average age  $30.63 \pm 6.39$  years old, weight  $85.35 \pm 10.65$  kg, height  $163.55 \pm 5.72$  cm and body mass index (BMI)  $31.92 \pm 2.95$  kg/m<sup>2</sup> (control group) who had no exercise training in last one year. The study method was semi-experimental research. In this study experimental group done bodypump training with a progressive resistance training protocol (included 8 resistance training, 3 sessions per week, for totally 6 weeks) and the control group did not any training during protocol training time. Blood samples were collected after 12- 14 hour fasting in the same conditions at the beginning of program and at the end of 6th week of performance (pre- test and post- test sample). Pre- test and post- test serum adiponectin values were measured. We used kolmogorov-smirnov statistical tests to analyze the results and dependent t- test to comparison of pre- test and post- test variables. The all calculations were accomplished by SPSS software, version.19. The results indicated that the body pump training on adiponectin volume in experimental group had no significant difference ( $p \leq 0.05$ ).

**Biography**

Elham Ahmadi is a lecturer at the university and has participated in two research projects and has coached for several years as a coach in sports medicine clubs and is currently working on a new research project.