Original Paper

Effect of 8 weeks of resistance training on hemostasis indeces and lipid profile in adult men

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Abstract

**Background and Objective:** Fluctuation in the homeostasis system is one of the main causes of heart attacks. There are contradictory reports regarding the effect of regular exercise, particularly resistance training on hemostasis indeces. This study was done to determine the effect of 8 weeks of resistance training on hemostasis indeces and lipid profile in adult men.

**Methods:** In this clinical trail study, 16 adult men were randomly divided into interventional and control groups. Subjects in interventional group participated in a resistance training program including a period 3 days a week for 8 weeks session. Body mass index, level of fibrinogen, protrombin time (PT), partial thromboplastin time (PTT), platelet count, D-dimer fibrinolytic factor, Cholesterol, Triglyceride, HDL and LDL were measured for each subject.

**Results:** After 8 weeks of resistance training, the level of fibrinogen, PT, PTT and platelets count were significantly reduced and D-dimer fibrinolytic factor increased in interventional group in compared to controls (P<0.05). Serum level of Cholesterol, Triglyceride, HDL and LDL had no significant change in interventional group in comparsion with the controls.

**Conclusion:** Resistance training reduces hemostasis indeces in adult men.

**Keywords:** Resistance training, Fibrinogen, Platelets, Triglyceride, Cholesterol, Lipoprotein, Protrombin time, Partial thromboplastin time

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Received 2 Jun 2013 Revised 21 Aug 2013 Accepted 26 Aug 2013