The Effects of Twelve-Weeks Power Fitness Yoga Training on Physiological Parameters and Health-Related Physical Fitness in Sedentary Females.

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Abstract

The purpose of this study was to investigate the effects of 12 weeks power fitness yoga intervention on physiological parameters and health-related physical fitness in sedentary females. Fifteen sedentary females performed the power fitness yoga training for 90 minutes per day, three times per week for 12 weeks. The body height, body weight, body mass index, body fat, waist-to-hip ratio, blood pressure, resting heart rate, 3-minutes step test, back strength, stand and reach test as well as bent-knee sit-ups of subjects were tested before and after training. Paired t-tests were used to compare the variables within subjects during training period. The results showed that after 12 weeks of power fitness yoga training, the resting heart rate, diastolic pressure, waist circumference, hip circumference and waist-to-hip ratio had significant improved (p < 0.05). The improvements in these variables suggest that power fitness yoga may be an effective intervention for improving health-related physical fitness in sedentary females.

Keywords: power fitness yoga, body fat, waist-to-hip ratio, health-related physical fitness, sedentary.

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