

A Comparative Study between the Effectiveness of Aerobic Training Over Circuit Training in Overweight & Obese Females of Age Group 20-40 Years

Shreya Sardeshmukh, Dr. Vaibhav Kapre, Tejaswini Jaiswal*

MGM Institute of Physiotherapy N-6 Cidco, Aurangabad

*Corresponding author

ABSTRACT

Introduction: Obesity is very common problem in 20-40 yrs. female. Some evidences demonstrated a beneficial effect of circuit training & aerobic training in reducing obesity. The present study provides comparison between circuit training & aerobic training in obese & overweight females.

Purpose Of Study: To study the effectiveness of circuit training over aerobic exercises in obese & overweight females of age 20-40 years

Methodology: This is an experimental study. Purposive sampling method is used. Obese females from age 20-40 years with BMI range 25-35.10 were included for the study. They were divided into 2 groups A & B, Aerobic training & Circuit training for 6 weeks (each group consisted of 15 subjects). BMI, Waist Hip Ratio (WHR) & skin fold measurement were measured before & after the treatment.

Results: In this study both the interventions found effective in treating obesity. But there is significant difference noticed in group B as compared to group A in regards to WHR ($P=0.87$). Also, the intra group comparison of pre & post intervention shows highly significant difference in group B as compared to group A.

Conclusion: This experimental study concluded that circuit training is effective in treating obesity. Aerobic training for obesity is also effective, but there is clinically significant reduction in obesity is seen in circuit training as compared to aerobic training.

Keywords: Aerobic training, Circuit training, Obesity

