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Research Article

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[The Effect of Mat Pilates Exercise Program on Body Mass Index and Body Composition in Non-Physically Active Working Iraqi Women](#)

The current study aimed to investigate the effect of using a pilates exercise program on improving body mass index and body composition of non-physically active working women. The participants of the study were (16) working women at the University of Basrah, Iraq. A pre-posttest was utilized to collect the data, (after a 12-week cycle of exercises) in Pilates groups, the results of the study showed that there were statistically significant differences at ($p < 0.05$) in the women's mean scores on body mass index and body composition. The study concluded that the pilates exercise program is effective in the improvement of body mass index and body composition of non-physically active working women.

Opinion

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[Recommendations for Measurement of Bodybuilding Internal Training Load by eTRIMP Method](#)

Currently, analysis of training data metrics has become increasingly important in characterizing high throughput. In fact, in bodybuilding, the RPE (rate of perceived exertion) assessment is the metric commonly used to calculate training volume. Therefore, this study demonstrates another way for bodybuilding athletes to evaluate their training through heart rate using the TRIMP (training impulse) method proposed by Edwards to analyze the intensity of a given training model. For this athlete, it is important to stay most of the time outside heart rate zone 1, not have more than 10% of total training time in zone 5 and contain the largest proportion of total training time in zones 2, 3 and 4.
