

Figure 1) Weight of rats (in grams) in endurance training groups, ginger extract consumption, endurance training with ginger extract and control group

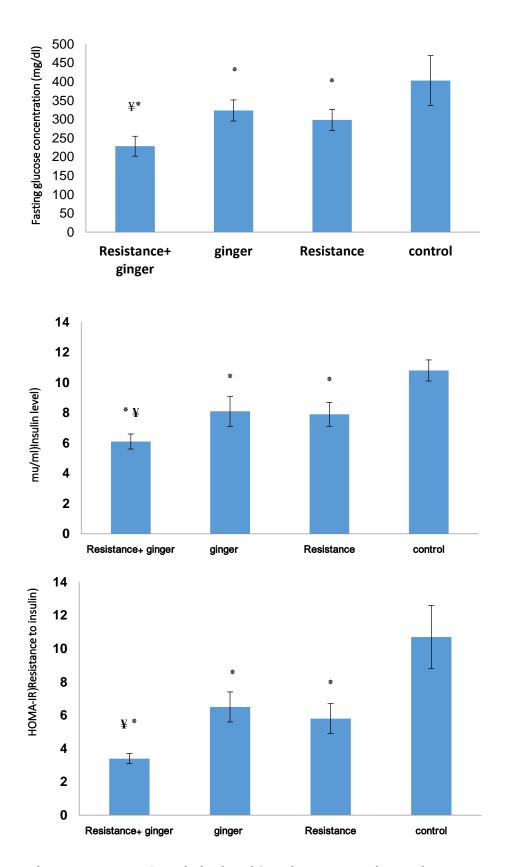


Figure 2) A: Fasting glucose concentration; B: insulin levels, and C: insulin resistance index in endurance training group, group of ginger extract consumption, group of endurance training along with ginger extract groups and control group (*p<0.05 compared to the control group; ¥ p<0.05, comparison of endurance training along with consumption of ginger extract with the groups of ginger extract consumption and endurance training groups)