

Table 1) The mean of the variables of the research before and immediately after the acute exercises with two different intensities

Variables	Before exercise	After exercise	Percentage of changes
BDNF (pg/ml)			
Moderate Intensity	6277.14±130.47	6327.57±131.80*	0.80±0.27
High Intensity	6276.43±137.65	6425.71±151.42*	2.32±0.61**
IGF-1 (ng/ml)			
Moderate Intensity	319.57±85.77	339.00±82.41*	6.74±3.12
High Intensity	320.22±84.70	345.86±82.57*	7.75±4.41

*meaningfulness compared to the time before the exercise at the level of 0.001

**meaningfulness compared to the exercise with moderate intensity at the level of 0.001