

**Table 1)** The comparison of demographic parameters mean in the control and experimental groups (n=10 in each group)in pretest and posttest stages

| Parameters                               | Pretest Stage | Posttest Stage | P Value |
|--|---------------|----------------|---------|
| <b>Fat (Percent)</b>                     |               |                |         |
| Combinational Exercise Group             | 17.90±2.30    | 17.00±2.10     | 0.0001  |
| Interval with High Intensity Group       | 16.50±3.30    | 16.20±3.20     | 0.081   |
| Control Group                            | 16.60±1.50    | 16.80±1.20     | 0.168   |
| <b>Weight (Kg)</b>                       |               |                |         |
| Combinational Exercise Group             | 78.90±11.70   | 78.30±11.50    | 0.024   |
| Interval with High Intensity Group       | 72.80±13.20   | 72.50±13.10    | 0.081   |
| Control Group                            | 74.80±5.40    | 74.60±5.50     | 0.168   |
| <b>Body Mass Index(kg/m<sup>2</sup>)</b> |               |                |         |
| Combinational Exercise Group             | 24.40±2.80    | 24.00±2.74     | 0.037   |
| Interval with High Intensity Group       | 23.00±4.02    | 22.80±1.80     | 0.343   |
| Control Group                            | 23.80±1.80    | 24.00±1.80     | 0.168   |

**Table 2)** Comparison of the mean coagulation and fibrinolysis indices in pretest and posttest experimental and control groups

| Parameter                                     | Pretest Stage | Posttest Stage | P Value |
|---|---------------|----------------|---------|
| <b>Platelet count (* 1000 per microliter)</b> |               |                |         |
| Combinational Exercise Group                  | 253.80±36.80  | 228.90±31.70   | 0.008   |
| Interval with High Intensity Group            | 243.80±29.90  | 268.50±32.80   | 0.063   |
| Control Group                                 | 277.10±31.90  | 271.00±22.00   | 0.401   |
| <b>PT (Second)</b>                            |               |                |         |
| Combinational Exercise Group                  | 12.53±0.69    | 12.96±0.91     | 0.146   |
| Interval with High Intensity Group            | 12.03±0.37    | 12.52±0.44     | 0.009   |
| Control Group                                 | 12.46±0.77    | 12.30±0.52     | 0.464   |
| <b>PTT (Second)</b>                           |               |                |         |
| Combinational Exercise Group                  | 34.23±2.27    | 35.44±2.53     | 0.104   |
| Interval with High Intensity Group            | 34.43±2.27    | 34.38±3.62     | 0.968   |
| Control Group                                 | 33.27±1.34    | 33.36±2.05     | 0.879   |
| <b>Fibrinogen (mg/dL)</b>                     |               |                |         |
| Combinational Exercise Group                  | 246.70±32.20  | 212.00±21.30   | 0.001   |
| Interval with High Intensity Group            | 249.00±26.60  | 228.10±40.60   | 0.121   |
| Control Group                                 | 253.40±34.10  | 234.20±31.30   | 0.144   |
| <b>D-dimer (mg/ dL)</b>                       |               |                |         |
| Combinational Exercise Group                  | 126.10±48.60  | 165.90±50.40   | 0.0001  |
| Interval with High Intensity Group            | 116.10±42.70  | 209.20±60.00   | 0.002   |
| Control Group                                 | 129.10±40.80  | 135.40±42.90   | 0.180   |