Table 1) Mean Demographic Characteristic of the Subjects in Each Group

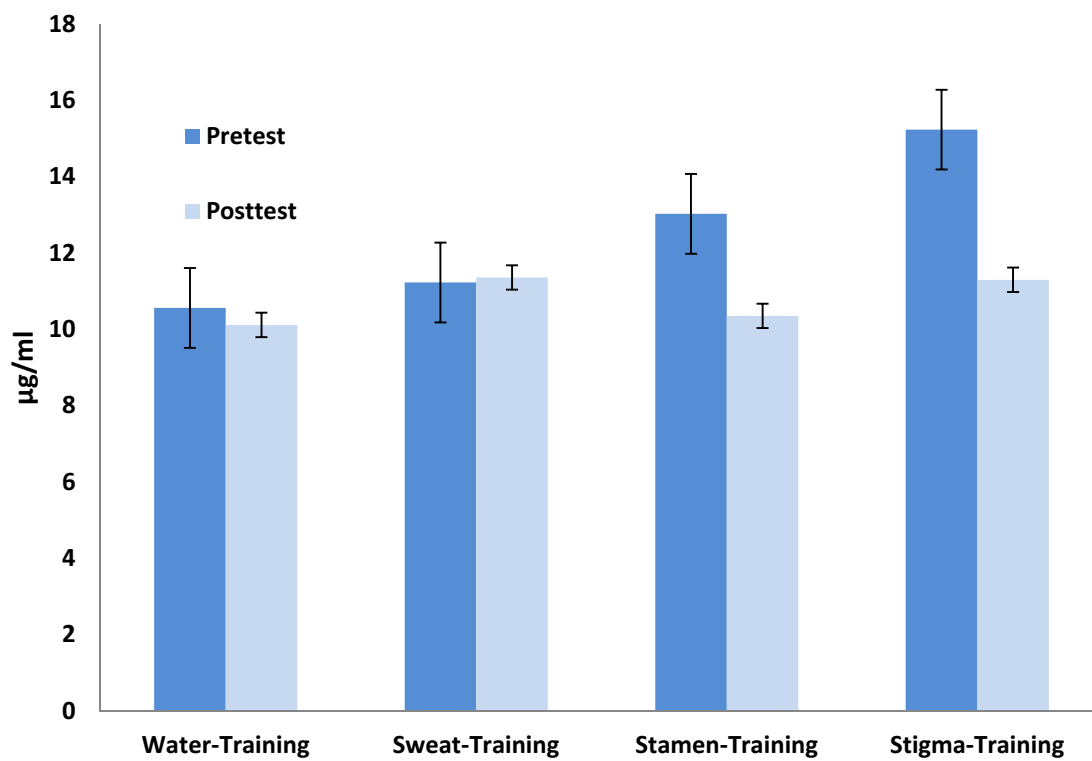|	Water-Training	Sweat-Training	Stamen-Training	Stigma-Training
Age (Year)				
	21.91±2.34	22.00±2.35	21.18±1.72	21.50±1.93
Height (cm)				
	178.18±4.75	175.10±6.08	175.36±4.6	175.92±5.31
Weight (Kg)				
	69.91±9.40	73.10±10.51	67.36±8.21	67.42±8.46
BMI (Kg/m^2)				
	22.00±2.96	23.90±2.72	21.82±2.60	21.75±1.96

Diagram 1) Changes in Plasma Insulin Level in the Groups before and after Training
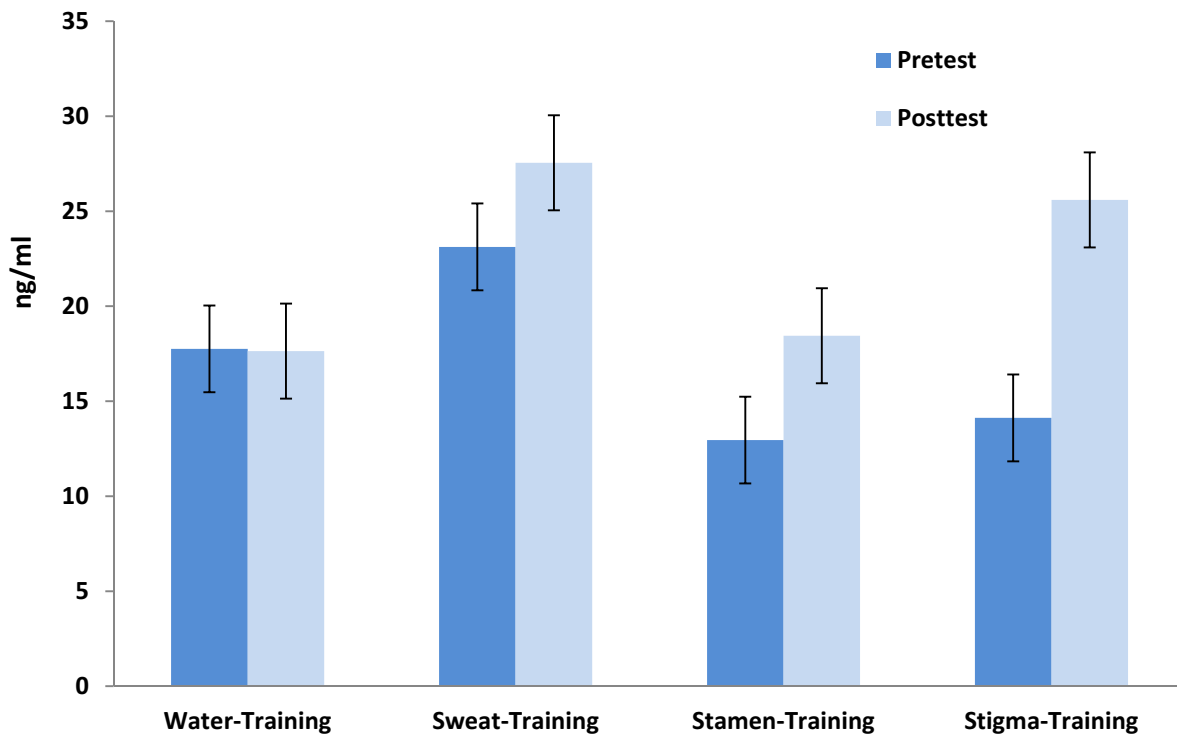
Diagram 2) Changes in Plasma Estradiol Level in the Groups before and after Training: A significant difference (0.05) was observed before and after training in stamen and stigma groups, and a significant difference (0.05) was observed between water and stigma groups.