

Table 1) The mean of the body composition indices in the studied groups (each group was 10)

Interval Exercise Group	Continuous Exercise Group	Significance Level
Age (Year) 23.40±1.60	22.80±1.40	0.614
Height (cm) 162.40±3.60	161.50±2.30	0.512
Weight (kg) 57.80±7.10	57.7±5.00	0.972
Body Mass Index (kg/m²) 21.90±2.20	21.70±2.10	0.759
Fat Level (Percentage) 27.60±2.30	26.90±3.90	0.598
VO_{2max}(ml/kg/min) 40.20±2.50	39.60±2.30	0.575

Table 2) Comparison of changes in levels of homocysteine and HSP72 in different studied groups

Parameter	Continuous Exercise	Interval Exercise
Homocystein ($\mu\text{M/L}$)		
Before exercise	7.35 \pm 0.60	7.30 \pm 0.59
Immediately after exercise	8.05 \pm 0.64	7.95 \pm 0.47
An hour after exercise	7.50 \pm 0.70	7.44 \pm 0.70
The Difference between before and immediately after	0.70 \pm 0.06*	0.55 \pm 0.14***
The difference between before and an hour later	0.14 \pm 0.07	0.04 \pm 0.08
The difference between immediately after and an hour later	0.55 \pm 0.10**	0.51 \pm 0.20
HSP72 (ngr/ml)		
Before exercise	0.27 \pm 0.07	0.26 \pm 0.08
Immediately after exercise	0.85 \pm 0.14	0.72 \pm 0.15
An hour later	0.46 \pm 0.06	0.42 \pm 0.09
The difference between before and immediately after	0.57 \pm 0.03*	0.45 \pm 0.03*
The difference between before and an hour later	0.19 \pm 0.02*	0.15 \pm 0.02*
The difference between immediately after and an hour later	0.38 \pm 0.04*	0.04 \pm 0.04**

*Significance level at 0.0001; **Significance level at 0.001; ***Significance level at 0.05