

Table 1) Comparison of anthropometric and physiological characteristics of the subjects in the three groups in the pretest and posttest

Anthropometric and Physiological Parameters	Intense Interval Training Group	Concurrent Strength - Endurance Group	Control Group	Inter-group P Value
Weight (Kg)				
Pre-test	37.60±21.62	67.03±9.58	17.44±13.20	0.197
Post-test	77.00±12.34	57.55±9.23	17.62±13.06	
Within Group Significance Level	0.377	0.032	0.639	
BMI (kg/m²)				
Pre-test	92.75±2.77	92.58±2.97	92.07±4.17	0.603
Post-test	82.79±3.39	92.99±8.61	92.31±4.41	
Within Group Significance Level	0.248	0.680	0.189	
Fat Percentage				
Pre-test	24.46±2.23	13.23±4.63	34.29±2.49	0.550
Post-test	14.41±4.34	72.99±2.36	24.46±4.95	
Within-Group Significance Level	0.317	0.347	0.379	
Waist (cm)				
Pre-test	201.12±10.67	101.41±10.16	79.24±11.08	0.004
Post-test	59.41±9.84	69.00±6.55	79.72±9.78	
Within Group Significance Level	0.0001	0.001	0.901	
Resting Heart Rate (bpm)				
Pretest	07.05±3.07	86.21±2.48	17.20±3.03	0.09
Posttest	66.07±2.90	66.01±2.35	27.73±2.87	
Within Group Significance Level	0.01	0.09	0.75	
Systolic Blood pressure (mmHg)				
Pretest	331.52±10.67	531.54±10.33	431.98±12.12	0.550
Posttest	221.20±11.84	221.20±9.21	531.11±1.01	
Within Group Significance Level	0.009	0.005	0.379	
Diastolic Blood Pressure (mmHg)				
Pretest	58.54±4.60	68.65±2.46	58.29±3.12	0.02
Posttest	80.25±3.30	18.07±5.15	68.30±2.89	
Within Group Significance	0.001	0.001	0.901	

Table 2) Comparison of within and between group changes in the three exercise groups

Studied Parameters	Intense Interval Training Group	Concurrent Strength – Endurance Group	Control Group	Inter-group P Value
ApoA (gr/l)				
Pretest	1.25±0.64	1.23±0.32	1.24±0.52	0.850
Posttest	1.22±0.20	1.24±0.18	1.25±0.36	
Within Group Significance Level	0.03	0.06	0.690	
ApoB(gr/l)				
Pretest	0.82±0.54	0.81±0.05	0.84±0.84	0.089
Posttest	0.82±0.19	0.80±0.65	0.85±0.24	
Within Group Significance Level	0.09	0.23	0.398	
ApoB/ApoA Ratio				
Pretest	0.95±0.23	0.85±0.22	0.06±0.03	0.02
Posttest	0.15±0.12	0.65±0.08	0.26±0.04	
Within Group Significance Level	0.01	0.08	0.732	
Fasting Blood Sugar (mg/ml)				
Pretest	012.70±32.90	612±63.08	771.82±47.09	0.171
Posttest	741.29±41.17	361.58±71.47	381.82±60.70	
Within Group Significance Level	0.0001	0.062	0.690	
Insulin (micro units per ml)				
Pretest	7.27±2.63	9.01±2.62	6.85±1.61	0.036
Posttest	4.69±1.30	5.39±2.24	6.12±2.06	
Within Group Significance Level	0.0001	0.001	0.378	
Insulin resistance index				
Pretest	3.78±1.25	4.88±1.61	2.88±1.03	0.008
Posttest	1.36±0.43	2.63±1.13	2.77±1.18	
Within Group Significance Level	0.0001	0.001	0.732	
Visfatin (ng per ml)				
Pretest	55.20±15.23	06.32±10.61	45.60±15.03	0.0001
Posttest	44.24±9.43	25.89±12.13	15.86±1.18	
Within Group Significance Level	0.003	0.001	0.752	