

Table 1) The mean of anthropometric characteristics in three groups (each group 14 participants)

	First Group	Second Group	Third Group
Age (Year)			
	31.16±6.43	34.87±6.76	38.27±5.71
Height (cm)			
	166.08±8.16	163.53±4.94	161.87±5.77
Weight (Kg)			
	59.83±8.07	61.67±10.93	62.67±7.97
Body Mass Index (kg/m²)			
	21.83±3.65	23.72±3.75	23.93±2.91

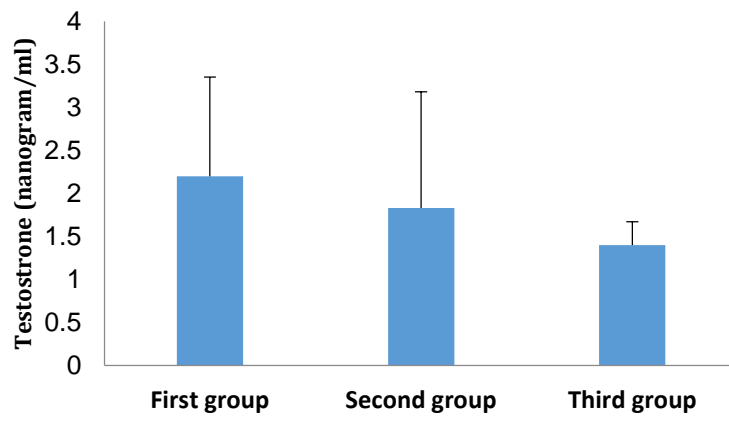


Figure 1) Comparison of serum testosterone hormone in the three groups

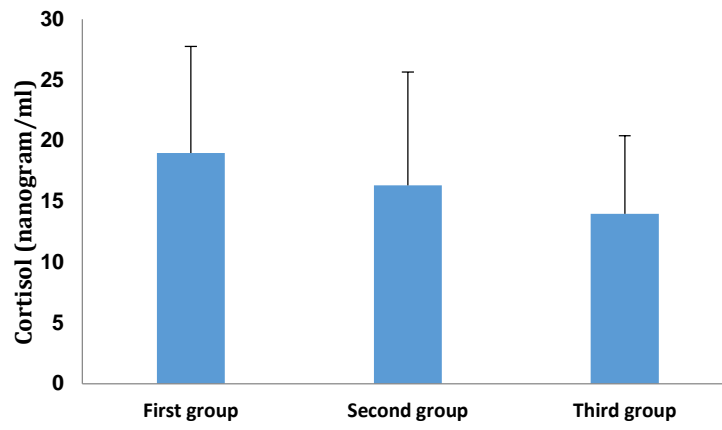


Figure 2) Comparison of cortisol serum hormone in the three groups

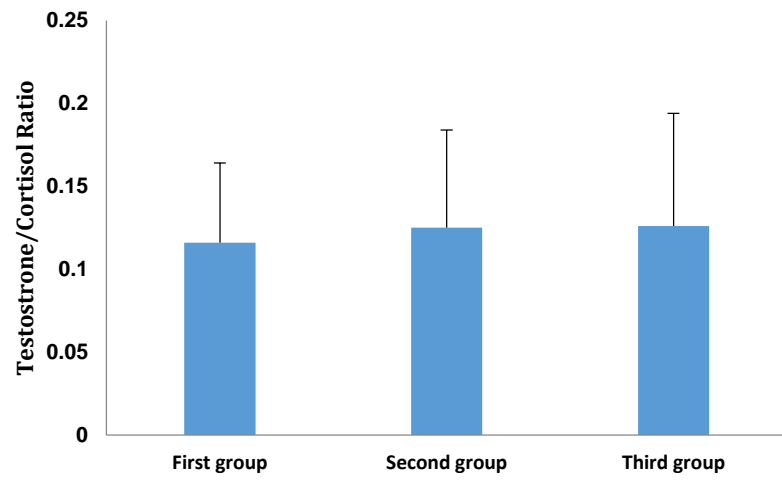


Figure 3) Comparison of testosterone to cortisol ratio in the three groups