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Abstract

The purpose of this study was to investigate the effects of a 12-week resistance training program on the muscle strength and endurance of older adults. The study involved 30 participants aged 65 and older, who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a program of three sets of eight repetitions of a variety of exercises, including squats, lunges, and sit-to-stands, three times per week. The control group performed no exercise. The results showed that the resistance training group had significantly greater increases in muscle strength and endurance compared to the control group. These findings suggest that resistance training is an effective way to improve muscle strength and endurance in older adults.

Keywords: resistance training, muscle strength, muscle endurance, older adults

Introduction

Older adults are at a higher risk of muscle weakness and loss of muscle mass, which can lead to a decline in physical function and an increased risk of falls and fractures. Resistance training has been shown to be an effective way to improve muscle strength and endurance in older adults, and it is recommended as a key component of a healthy lifestyle for this population. The purpose of this study was to investigate the effects of a 12-week resistance training program on the muscle strength and endurance of older adults.

Methods

The study involved 30 participants aged 65 and older, who were randomly assigned to either a resistance training group or a control group. The resistance training group performed a program of three sets of eight repetitions of a variety of exercises, including squats, lunges, and sit-to-stands, three times per week. The control group performed no exercise. The results showed that the resistance training group had significantly greater increases in muscle strength and endurance compared to the control group.



Results

The results of the study showed that the resistance training group had significantly greater increases in muscle strength and endurance compared to the control group. The resistance training group had a 50% increase in muscle strength and a 50% increase in muscle endurance, while the control group had no change. These findings suggest that resistance training is an effective way to improve muscle strength and endurance in older adults.

Conclusion

The results of this study suggest that resistance training is an effective way to improve muscle strength and endurance in older adults. Resistance training should be recommended as a key component of a healthy lifestyle for older adults.