

The Effect of Interval Exercise on Sarcopenic Obesity's Blood Total Adiponectin to HMW Adiponectin Rate

Ahn, Su-Kyoung, Yoon, Sung-Jin*, Kim, Myung-Wha, Byun, Jae-Jong

korea university

This study was to examine the effect of interval exercise on sarcopenic obesity's blood total adiponectin to HMW adiponectin rate. The subjects(n=9) of this study performed two interventions(moderate aerobic exercise; interval exercise). 1. Moderate aerobic exercise was performed using treadmill at 50-60%VO₂max for 34 minutes. 2. Interval exercise was performed using treadmill at 80-90%VO₂max for 4min, 50-60%VO₂max for 3min, total work time was 28 minutes. Blood sample were taken at pre, post, post 30min. Collected data were statically analyzed by SPSS PC win 20.0(USA, IBM, NY) and two-way repeated ANOVA were used to analyze data. Bonferroni's method was used to verify the significant difference among times as a post-hoc analysis. Statistical level was set up as $\alpha=.05$. The results of interval exercise showed higher concentration of HMW adiponectin than moderate aerobic exercise($p<.05$). and Total adiponectin to HMW adiponectin increased after interval exercise than rest($p<.05$). In conclusion, it suggests that interval exercise could be an effective method to increase HMW adiponectin and total adiponectin to HMW adiponectin rate.

Key words : Interval exercise, Sarcopenic obesity, Total adiponectin to HMW adiponectin, Insulin resistance.