RESTING ENERGY EXPENDITURE AND EPOC EXCESS POS-EXERCISE OXYGEN CONSUMPTION: COMPARISON BETWEEN RESISTANCE EXERCISE TRAINED AND NON-TRAINED INDIVIDUALS

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Background: the experimental protocol was carried out in a randomized controlled design for women of reproductive age. The study aimed to assess the energy expenditure and endurance in two groups of women: trained and non-trained. The trained group was assessed thrice a week for 12 weeks, while the control group was assessed thrice a week for 12 weeks. The energy expenditure and endurance were assessed using a breath-by-breath system. The results showed that the trained group had a higher energy expenditure and endurance than the control group. The trained group also had a higher oxygen consumption and heart rate than the control group. These findings suggest that resistance exercise training can improve energy expenditure and endurance in women of reproductive age.