Methods (cont'd)

The participants were reassessed for all of the measurements after thirty days. The average attendance within the thirty day study was $13.3 ± 6.48$ sessions.

Results

Results were calculated using a two tailed t-test. The average body fat percentage was $17.4 ± 5.6\%$ before and $16.3 ± 5.6\%$ approached significant difference ($p=0.06$). The WHR was $0.85 ± 0.08$ before and $0.84 ± 0.08$ after resulting in no significant difference ($p=0.58$). The BMI was $27.01 ± 4.62$ before and $27.39 ± 4.5$ also indicating an approach to a significant difference ($p=0.06$). The upper body max strength test was $119 ± 43.96$ pounds before and $126 ± 43.97$ pounds after resulting in a statistical significance ($p=0.005$). The lower body max strength test was $214 ± 92.33$ pounds before and $224 ± 95.73$ pounds after resulting in a statistically significant difference ($p=0.001$). The local endurance test was $26.1 ± 11.98$ reps before and $29.4 ± 13.79$ reps after resulting in a statistically significant difference ($p=0.0016$).