

Impact of progressive resistance training on lipids and lipoproteins in adults: A meta-analysis of randomized controlled trials

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Setting the scene:

Given the discrepant findings of progressive resistance training (PRT) on lipids and lipoproteins in adults, we used the meta-analytic approach to examine this issue

What did they do?

Randomized controlled trials ≥ 4 weeks dealing with the effects of PRT on lipids and lipoproteins in adult humans ≥ 18 years of age were included. Primary outcomes included total cholesterol (TC), high-density lipoprotein cholesterol (HDL-C), ratio of total cholesterol to high-density lipoprotein cholesterol (TC/HDL-C), non-high-density lipoprotein cholesterol (non-HDL-C), low-density lipoprotein cholesterol (LDL-C), and triglycerides (TG). A random-effects model was used for analysis with data reported as means and 95% confidence intervals.

Takeaway message:

The results of the study suggest that progressive resistance training reduces TC, the ratio of TC/HDL-C, non-HDL-C, LDL-C and TG in adults.