Effect of Resistance Training on Cardiorespiratory Endurance and Coronary Artery Disease Risk
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**Setting the scene:**
To study the effect of resistance training on cardio-respiratory endurance and coronary artery disease risk.

**What did they do?**
28 male patients were randomly selected to an experimental and control group, all subjects were required to sedentary 6 months prior to the study and no pharmacological agents known to affect VO2max. Experimental group were required to train three times /week for 60 minutes, over eight weeks period. The session commenced 5min. easy cycling and stretching, the resistance training exercise include shoulder shrugs, lateral shoulder raise, seated chest press, latissimus dorsi pull-downs, seated rows, biceps curls, triceps extension, crunches and leg presses. Which were performed at 60% of estimated 1RM, each exercise was performed in three sets 15 repetitions. Members of control group were instructed to maintain their level of activity and not to take part in any form of structured exercise.

**Takeaway message:**
The present study suggests that an optimal training for prevention of CAD and rehabilitation must include both aerobic and resistive component. The results show improvement in the VO2max after eight weeks resistance training.