Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effect of 8 Weeks Endurance, Resistance and Combined Isocaloric Trainings on Lipoprotein and Weight Loss in Overweight Women

Protocol summary

Study aim
The effects of 8 weeks of isocaleric endurance, resistance and combination training on lipoprotein and weight loss in overweight women

Design
The subjects of this study were selected from female students of Razi University of Kermanshah. In this regard, 60 volunteers who are willing to participate in the research and have the necessary conditions to enter the study will be randomly selected in 4 groups of 15 people to complete the research.

Settings and conduct
The subjects of this study were selected from female students of Razi University of Kermanshah. In this regard, 60 volunteers who are willing to participate in the research and have the necessary conditions to enter the study will be randomly selected in 4 groups of 15 people to complete the research.

Participants/Inclusion and exclusion criteria
1. Overweight women with a body mass index of 25-30. 2. No cardiovascular and metabolic diseases. 3. Lack of affecting musculoskeletal injuries in the exercise process. 4. Lack of track record in regular exercise. 5. No smoking and alcoholic beverages. 6. Volunteer to participate in the research.

Intervention groups
Three types of training including endurance training, resistance training, combined exercise (resistance and endurance) and control group without exercise intervention

Main outcome variables
Losing weight, lowering blood fat, lowering body mass index

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191205045615N1**
Registration date: **2019-12-28, 1398/10/07**
Registration timing: **registered_while_recruiting**

Last update: **2019-12-28, 1398/10/07**
Update count: **0**

Registration date
2019-12-28, 1398/10/07

Registrant information

Name
shaida saydi
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 83 3432 7385
Email address
sh.60101@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2019-12-22, 1398/10/01

Expected recruitment end date
2020-01-21, 1398/11/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The Effect of 8 Weeks Endurance, Resistance and Combined Isocaloric Trainings on Lipoprotein and Weight Loss in Overweight Women

Public title

Evaluation of three types of exercise on blood lipid profile and weight loss

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Overweight women with body mass index 25-30 Lack of cardiovascular and metabolic diseases.Lack of affecting Lack of track musculoskeletal injuries in the exercise process. record in regular exercise.No smoking and alcoholic beverages.Volunteer to participate in the research.

Exclusion criteria:

Age

From **19 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Random Number Table

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kurdestan University

Street address

nasaji

City

kermanshah

Province

Kermanshah

Postal code

6617753833

Approval date

2019-11-09, 1398/08/18

Ethics committee reference number

IR.UOK.REC.1398.031

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

blood cholesterol

Timepoint

Beginning and end of study

Method of measurement

blood test

2

Description

Tri glyceride

Timepoint

Beginning and end of study

Method of measurement

blood test

3

Description

High-density lipoprotein

Timepoint

Beginning and end of study

Method of measurement

blood test

4

Description

Low density lipoprotein

Timepoint

Beginning and end of study

Method of measurement

blood test

5

Description

BMI

Timepoint

Beginning and end of study

Method of measurement

Body composition test

6

Description

Weight

Timepoint

Beginning and end of study

Method of measurement

Body composition test

Secondary outcomes

1

Description
"Obesity"
Timepoint
Before and immediately after the study
Method of measurement
Test Kit

Intervention groups

1

Description
First Intervention Group, Aerobic Exercise Second Intervention Group, Resistance Exercise Third Intervention Group, Combined Exercise for 8 Weeks
Category
Treatment - Devices

2

Description
Control group: for 8 weeks
Category
Other

3

Description
Intervention group:The first intervention group is an endurance group that will burn 217 kcal of rubber on an ergometer bike for each session for 8 weeks.
Category
Other

4

Description
Intervention group: The second intervention group is a combination group that will perform endurance and endurance exercises for 8 weeks in one session with 217 kcal burn.
Category
Other

5

Description
Intervention group: The third intervention group is resistance training that will perform it for 8 weeks, with 217 kcal burn per session.
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Razi University
Full name of responsible person
Shaida Saydi
Street address
nasaji street
City
kermanshah
Province
Kermanshah
Postal code
6717753833
Phone
+98 83 3432 7385
Email
sh.60101@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Sanandaj University of Medical Sciences
Full name of responsible person
dariush shaikh eslami
Street address
sanandaj
City
sanandaj
Province
Kurdistan
Postal code
6641864859
Phone
+98 83 3432 7385
Email
sh.60101@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
kurdestan university
Proportion provided by this source
1
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
University Kordestan

Full name of responsible person
Shaida Saydi

Position
student

Latest degree
Bachelor

Other areas of specialty/work
Physiology

Street address
Textile Street

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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Full name of responsible person
shaida saydi

Position
Student

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Person responsible for updating data

Contact

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University Kordestan

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available