

# Short-term Circuit Training on Muscle Mass and Quality of Life in Sedentary Postmenopausal Women

NCT06445842

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Loma Linda University
Enrollment	46 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Females aged between 50 and 75 years.
- Self-reported postmenopausal status (i.e., cessation of menstruation for a minimum of 12 months).
- Physically capable of participating in an exercise intervention.
- No engagement in structured resistance or aerobic training programs in the six months preceding the study.

### Exclusion (3)

- Classification as moderate and highly active on the International Physical Activity Questionnaire (IPAQ) (600-3000 MET-minutes/week for "moderate" and higher than 3000 MET-minutes/week for "high" score)
- Diagnosis of any health condition that constitutes a contraindication to physical exercise (e.g., significant cardiovascular disease, orthopedic or neuromuscular restrictions impacting exercise performance or safety).
- Regular use of medication with the potential to affect study outcomes (e.g., corticosteroids, immunosuppressants).

## Locations (1 total)

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Loma Linda University, Loma Linda, California, United States