

Comparison of Two BioCircuit Programs: Impact on Physical Fitness and Body Composition in Adults Aged 30-65

NCT06727708

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Graz
Enrollment	42 participants

Key Eligibility Criteria

Inclusion (6)

- Age between 30 and 65 years
- Healthy individuals without significant medical conditions
- Less than 6 months of prior strength training experience
- Willing and able to participate in a 12-week training program
- Capable of performing strength training exercises such as leg press and chest press
- ... and 1 more (see full listing online)

Exclusion (8)

- History of coronary heart disease
- History of stroke
- Need for changes in antihypertensive treatment within 3 months prior to study start
- Arthritis
- Pregnancy or less than three months postpartum
- ... and 3 more (see full listing online)

Locations (1 total)

CF Leibnitz, Leibnitz, Styria, Austria