

Effect of Bicycle Ergometer Training on Fat Tissue Amount and Metabolism

NCT07263126

Status	RECRUITING
Phase	Not Applicable
Sponsor	Pamukkale University
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (6)

- Being female,
- Being between 20-40 years old,
- Having a BMI between 25 and 34.9,
- Having a waist circumference greater than 80 cm,
- Not having participated in any exercise program in the last 3 months ,
- ... and 1 more (see full listing online)

Exclusion (7)

- On a weight loss diet,
- Having cancer, unstable heart disease, cerebrovascular disease, metabolic disease, diabetes, hypertension, psychiatric disorders, or other conditions or neurological disorders,
- Having a musculoskeletal disorder or any disease/injury that may affect participation in exercise training,
- Participating in regular physical activity (at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity or an equivalent combination of both during the week),
- Being pregnant or breastfeeding,
- ... and 2 more (see full listing online)

Locations (1 total)

^ule ^im_ek, Denizli, Sarayköy, Turkey (Türkiye)