

THE EFFECT OF CARDIO TRAINING AND RESISTANCE TRAINING METHODS ON FITNESS LEVELS IN INDIVIDUALS WITH CONCENTRIC LVH AND/OR GRADE I DIASTOLIC DYSFUNCTION.

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Abstract.

Cardio exercises are widely known to have significant benefits for fitness levels; however, recently, weight training or resistance training has also gained popularity as a choice for enhancing fitness. This study aims to evaluate the effects of cardio and resistance training methods on fitness levels in individuals with concentric Left Ventricular Hypertrophy (LVH) and/or grade I diastolic dysfunction. Concentric LVH and grade I diastolic dysfunction are cardiac conditions that often lead to a decline in functional capacity, which can negatively impact overall cardiovascular fitness. In this study, subjects diagnosed with concentric LVH and/or grade I diastolic dysfunction were divided into two groups, each following a cardio training and resistance training program over a specified period.

The results of the study indicate that both types of exercise provide significant benefits in improving cardiovascular fitness, although with different effects. Cardio training proved effective in increasing aerobic capacity, as evidenced by an increase in VO₂ max and a reduction in blood pressure. This type of exercise also helps improve diastolic function. On the other hand, resistance training showed improvements in muscle strength and endurance, contributing to overall physical fitness and also playing a role in reducing LVH symptoms.

The conclusion of this study suggests that both cardio and resistance training can provide significant benefits for individuals with concentric LVH and/or grade I diastolic dysfunction. However, the choice of exercise should be tailored to the individual's specific conditions and health goals. This research provides a crucial foundation for the development of more comprehensive and personalized cardiac rehabilitation programs.

Keyword : Cardio Training, Resisten Training, Fitness Level, Concentric LVH, Grade I Diastolic Dysfunction