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Good Effects of Weekly Calisthenics on Body Composition

—Qualitative Changes in % Body Fat and Lean Body Mass
after 7 Weeks Exercise—

By *Ken Yamauchi**
*Hirohito Kato**
*Sadayoshi Imae***

In Keio University, the students take Physical Training class once a week. In this paper, we are going to research whether these classes have a good effect on them.

We classified the students who take no kind of exercise into 2 groups. Group 1 is consisted of students who attended all 7 classes and group 2 is consisted of those who were absent for once or more.

To estimate the level of effect, we discuss the 2 groups how their % body fat and lean body mass change, which were measured and calculated at the first and at the seventh class.

The results are as follows:

The changing conditions were the following 9

A: %FAT ↓, LBM ↑ F: %FAT ↑, LBM $\dot{\downarrow}$

B: %FAT ↓, LBM $\dot{\downarrow}$ G: %FAT ↑, LBM ↑

C: %FAT ↓, LBM ↓ H: %FAT $\dot{\downarrow}$, LBM ↑

D: %FAT $\dot{\downarrow}$, LBM ↓ I: %FAT $\dot{\downarrow}$, LBM $\dot{\downarrow}$

E: %FAT ↑, LBM ↓

↑: increase, ↓: decrease, $\dot{\downarrow}$: changeless

A, B, G, H, and I are better and ideal limits for the change of body composition among the 9. According to the statistics, the students of group 1 has much more possibility of being in these conditions than the group 2.

Therefore, physical training makes a great contribution to changing and maintaining better body composition for the students mentioned above.

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