

**Sedanter Bireylerde 12 Haftalık
Kombine Antrenmanın
Performans, Kan Enzimleri ve
Metabolitlere Etkisi**

Mehmet GÖKSU



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ÖNSÖZ

Modern yaşamın ürünü olan hareketsizlik; fiziksel, fizyolojik ve psikolojik temelli pek çok sağlık sorununa yol açar. Bu bağlamda spor, bedensel ve ruhsal sağlık açısından vazgeçilmez bir aktivitedir. Spor bilimlerindeki hızlı gelişmeler sayesinde bireysel ve genel sağlığı iyileştirmek için en etkili yöntemlerin arayışı sürmektedir. Bu doktora tez çalışması, farklı antrenman türlerini bir arada kullanma temeline dayanan kombine antrenmanın faydalarını incelemek üzere tasarlanmıştır. Çalışmanın başarılı şekilde tamamlanması elbette birçok kişinin desteğiyle gerçekleşmiştir.

Mehmet GÖKSU

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