

Sanit Na-Phrim 2011: The Effects of Recovery Duration Upon Circuit Rubber-Chain Resistance Training on Muscle Endurance in Working Women. Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Charoen Krabuanrat, M.Ed. 126 pages.

The purpose of this study was to determine the effects of recovery duration upon elastic circuit rubber-chain resistance training on muscle endurance in working women. The subjects were 30 voluntary female age between 30 -49 years old from Ramathibodi Hospital. The study was approved by the Ramathibodi Hospital's Board of Human Research The subjects were randomly selected by purposive random sampling method in order to divided into 3 groups of 10 in each group, using Body Mass Index (BMI) and muscle endurance test by push up test. Control group performed daily activity. The experimental group1 performed 8 stations of circuit rubber-chain resistance training by using 50 % of intensity or resistance of maximum capacity or capacity of 15 times per 1 set, performed 3 sets of each station and resting period was 30 seconds. The experimental group 2 performed the resistance training the same as experimental group 1, but resting times was 60 seconds. The experimental group 1 and group 2 participated in the training sessions totally 12 weeks, 3 days in a week. Data before and after, at the 6th and 12th week of training sessions were analyzed using analysis of statistic, mean, standard deviation, one-way analysis of variance, at the 0.05 level.

The results found that the endurance of upper body muscle in push-up position of the experimental group 1 and the experimental group 2 after 12 weeks of training session were significant difference from before training session. The average muscle endurance of the experimental group 1 and group 2, were significant difference from control group. at 0.05 level.

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Thesis Advisor's signature