

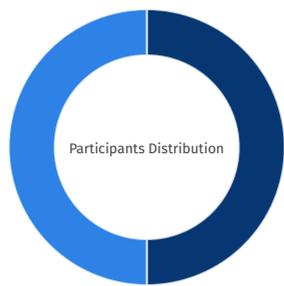
# Circuit Training Impact

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## Study

Research conducted on COPD patients to evaluate circuit training benefits.



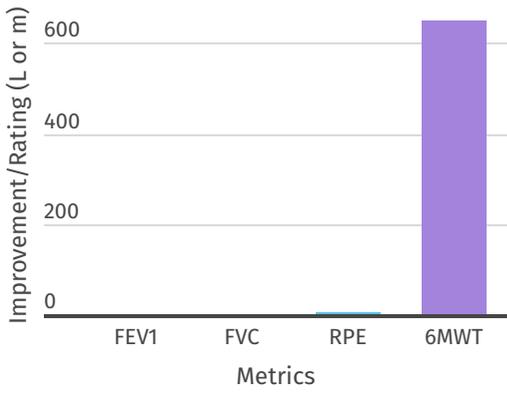
## Groups

Participants divided into two groups for comparison of training methods.



## Duration

Training sessions conducted three times a week for a total of eight weeks.



## Results

Circuit training resulted in significant improvements in key pulmonary metrics.



## FEV1

Significant increase in FEV1 values noted in the circuit training group.



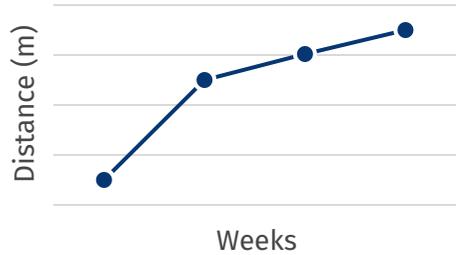
## FVC

FVC also showed substantial improvement, indicating better lung capacity.



## Endurance

Endurance measured through 6MWT showed notable gains in circuit training group.



6MWT Distance Over Time



## Conclusion

Circuit training significantly enhances pulmonary function and exercise tolerance in COPD patients, outperforming traditional aerobic methods in rehabilitation settings. Its integration into standard care promotes improved health outcomes and patient independence.

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