

A COMPARISON STUDY ON 3 CIRCUMFERENCE CITES IN BODYBUILDERS BEFORE AND AFTER COVID 19 PANDEMIC DURING ALBANIA CHAMPIONSHIP

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Introduction



- ▶ According to the an article by Ozaki et al., 2013, is an undeniable fact, that training with weights is a powerful stimulus for muscle hypertrophy and strength gain, but this is less understandable if the weight training can increase maximal aerobic capacity (VO₂max).
- ▶ Ozaki. H, Jeremy. P, Loenneke, Robert. S, Thiebaud, Takashi. A, “Resistance training induced increase in VO₂max in young and older subjects” European Review of Aging and Physical Activity (2013); ·

Aim

- ▶ The aim of this study was to find out possible differences in 3 circumference sites in bodybuilders in Albania measured before and after COVID 19 pandemic during Albanian championship.

Methods

- ▶ The data were gathered from official measurement during 2019 and 2021 Albanian Bodybuilding championship (N=24). *Measurement for neck circumference, shoulder, and chest circumference and waist circumference were assessed before championship on male bodybuilders.*

Descriptives						
Gender	Category			N	Mean	Std. Deviation
Men	Body Building	Neck_Circumference	2019	4	38.5	1.7321
			2021	3	40.7	2.5166
	Shoulder_Circumference	2019	4	123.0	8.0416	
		2021	3	126.5	4.7697	
	Chest_Circumference	2019	4	107.0	5.7155	
		2021	3	114.0	6.9284	

Category			Std. Error	95% Confidence Interval for Mean	
				Lower Bound	Upper Bound
BodyBuilding	Neck_Circumference	2019	0.866	35.744	41.256
		2021	1.453	34.415	46.918
	Shoulder_Circumference	2019	4.0208	110.204	135.796
		2021	2.7538	114.651	138.349
	Chest_Circumference	2019	2.8577	97.905	116.095
		2021	4.0001	96.822	131.245

Results

- ▶ *Mean data for neck circumference (2019- mean= 38.5 cm; 2021- mean= 40.7cm), shoulder circumference (2019- mean= 123 cm; 2021- mean= 126.5cm) and chest circumference (2019- mean= 107 cm; 2021- mean= 114 cm). Final results show statistical differences with regards to all cites measurement in favor of bodybuilders measurement in 2021 Albanian championship. These data should be treated carefully to see the possibility of increasing the perimeters of the 3 measurements performed due to the 2-year rest period of participants who have been part in the Albanian bodybuilding championship.*

Conclusion

- ▶ *Final results show statistical differences with regards to all cites measurement in favor of bodybuilders measurement in 2021 Albanian championship.*
- ▶ *These data should be treated carefully to see the possibility of increasing the perimeters of the 3 measurements performed due to the 2-year rest period of participants who have been part in the Albanian bodybuilding championship.*