jove

Materials List for

Randomized Controlled Trial to Study the Acute Effects of Strength Exercise on Insulin Sensitivity in Obese Adults

Luis Filipe Rocha Silva[1], **Bruna Caroline Chaves Garcia**[2], **Zach A. Mang**[3], **Fabiano Trigueiro Amorim**[4], **Marco Fabrício Dias-Peixoto**[1], **Fernando Gripp**[1], **Valmor Tricoli**[5], **Flávio de Castro Magalhães**[1,4]

[1]Department of Physical Education, Federal University of the Jequitinhonha and Mucuri Valleys [2]Laboratory of Exercise Biology and Immunometabolism, Centro Integrado de Pós-Graduação e Pesquisa em Saúde, Programa Multicêntrico de Pós-Graduação em Ciências Fisiológicas, Federal University of the Jequitinhonha and Mucuri Valleys [3]Occupational Safety & Health, Los Alamos National Laboratory [4]Department of Health, Exercise, and Sports Sciences, University of New Mexico [5]School of Physical Education and Sport, University of Sao Paulo

Corresponding Author

Flávio de Castro Magalhães
flavio.magalhaes@ufvjm.edu.br

Citation

Rocha Silva, L.F., Chaves Garcia, B.C., Mang, Z.A., Amorim, F.T., Dias-Peixoto, M.F., Gripp, F., Tricoli, V., Magalhães, F.d.C. Randomized Controlled Trial to Study the Acute Effects of Strength Exercise on Insulin Sensitivity in Obese Adults. *J. Vis. Exp.* (202), e65478, doi:10.3791/65478 (2023).

Date Published

December 1, 2023

DOI

10.3791/65478

URL

jove.com/video/65478

Materials

Name	Company	Catalog Number	Comments
dual-energy X-ray absorptiometry	GE	DXA, Lunar, iDXA Advanced	for assessing body composition
G*Power program	Heinrich-Heine-Universität Düsseldorf, Germany	version 3.1.9.6	for calculating sample size