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Supplementary Material



RESEARCH ARTICLE

The Influence of Aquarobic Training Towards Interleukin 12 (IL-12) Plasma Level and Its Correlation with Obesity

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PROCEDURE

1. 10 minutes (combination of static and dynamic exercise)
2. 10-20 minutes, first core exercise, combination of aqua jogging and stretching movements.
3. 25 minutes of second core practice combination of formation exercises by hand in the air (feet continue to perform running motion in the water).
4. 10 minutes of cooling down exercise, using fun games continued cooldown.

Treatment begins in the first week after the pre-test. Heating using treadmill for 15 minutes, continuing endurance training program 8-13 times repetition with exercise 50-75% from maximum repetition amount of each participant. Treatment is given 3 sets of repetitions.

Aqua jogging (Aquarobic training) was given in moderate intense (75% HRmax) 4 times a week (1 hour at a time) for 12 weeks.



Supplementary Fig. (1). Subject selection and physical test performance.



Supplementary Fig. (2). Aquarobic training program for 12 weeks.



Supplementary Fig. (3). Aquarobic training program.