BIBLIOGRAPHY

BOOKS


**JOURNALS AND PERIODICALS**


Aidin, Vakizadeh., & Hamid Reza, A. (2011). Survey The Effect Sequences Order Of Combined Training On Maximal Strength And Aerobic Capacity After 8 Weeks Detraining,


Arazi, H., Jorbonian, A., Asghari, E. (2012). Comparison of concurrent (resistance-aerobic) and aerobic training on vo2max lipid profile, blood glucose and blood pressure in middle-aged men at risk for cardiovascular disease, *journal of shahid sadoughi university of medical sciences and health services*, volume 20 , number 5 (86); page(s) 627 to 638.


