Abstract

In recent years, the practice of yoga has gained widespread popularity within the health and fitness industry. The practice of yoga is said to improve physical fitness and the main objective of this study was to evaluate the effects of a 12 week yoga intervention on shoulder and hip range of motion(ROM) and to compare the strength differences between the left and the right sides of the leg, chest, shoulder muscles before and after its intervention. 21 female subjects (age 34.62±9.866) took part in the study with 12 subjects being the control group and 9 the experimental group. Range of motion measurements and I-RM strengths tests were carried out before and after intervention. There was an overall significant difference found on shoulder flexion, hip flexion andextension and hip abduction ($p<0.05$). There was an increase in range of motion for these movements, muscular strengths for each side of the leg and chest muscles. Bilateral strengths for each side showed no significant changes ($p<0.05$). It was concluded that a12 week yoga training practice created improvements in shoulder flexion, hip flexion, hip extension and abduction range of motion