

Effectiveness of Poundfit Training in Reducing Body Fat and Increasing Physical Fitness of Overweight Young Women

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Abstract

The rising prevalence of overweight among young women has been associated with decreased physical fitness and an increased risk of health complications, particularly cardiovascular diseases. Traditional weight loss programs often lack long-term adherence due to low motivation and enjoyment, highlighting the need for alternative, engaging interventions. Pound Fit, a music-based group exercise, has emerged as a potentially enjoyable and effective strategy. This study aims to systematically review the impact of Pound Fit exercises on physical fitness and body fat composition in overweight young women. A Systematic Literature Review (SLR) method was employed to identify and synthesize relevant empirical studies. According to the research, Pound Fit workouts can dramatically lower body fat percentage; after 8 to 12 weeks of consistent use, the typical decrease ranges from 2% to 5%. Increased strength in the lower body and core muscles as well as improvements in cardiovascular endurance, as determined by VO₂ max, were also noted. Nonetheless, sustaining training desire and consistency is still a significant obstacle that could have an impact on long-term results. Therefore, to maintain involvement and maintain the gains made, social support and a comprehensive approach are crucial. All things considered, Pound Fit offers a viable, entertaining, and successful substitute for improving physical fitness and decreasing body fat in young, overweight women. The psychological elements affecting commitment and long-term performance in such programs require more investigation.

1. Introduction

Maintaining physical health is essential for young women who actively engage in daily activities (Alfira et al., 2024). However, the increasing prevalence of overweight—a condition characterized by excessive fat accumulation—has been linked to challenges associated with modern lifestyles. This condition not only affects physical appearance but also significantly elevates the risk of developing metabolic disorders, cardiovascular diseases, and type 2 diabetes. Therefore, effective intervention strategies are necessary to address overweight and promote optimal health outcomes.

Physical activity is widely recognized as a key strategy in the management and prevention of overweight. Regular exercise contributes to enhanced metabolic function, reduction in body fat, and improvements in overall physical fitness. Among the various forms of exercise, aerobic workouts have gained popularity due to their structured, group-based nature and psychological benefits. Aerobic exercises can improve mental well-being by enhancing mood and fostering sustained motivation for a healthy lifestyle (Anggraini, 2022).

One specific form of aerobic exercise that is gaining popularity, particularly among young women, is Pound Fit. Developed in 2011 by Kristen Potenza and Cristina Peerenboom—two drummers from California, USA—Pound Fit combines cardio, rhythmic movement, and drumming with lightly weighted sticks known as Ripstix (Cunha et al., 2016; Wicaksono et al., 2024). This innovative approach offers a high-energy, music-based workout designed to improve cardiovascular endurance, promote caloric expenditure, and enhance muscular strength. The enjoyable and interactive nature of Pound Fit fosters regular participation and long-term adherence to physical activity.

Despite the growing interest in Pound Fit, young women with overweight conditions face unique challenges in improving their physical fitness. Exercise involvement and outcomes are greatly affected by factors like motivation, self-belief, and how someone sees their body, along with physical factors (Hinton et al., 2006). Given that it's entertaining and inspiring, Pound Fit might be a suitable exercise choice for this demographic. Prior research has demonstrated that Pound Fit enhances physical attributes such as muscle strength, stamina, and flexibility (Fenkci et al., 2006). Additionally, Guess (2012) discovered that exercising Pound Fit on a regular basis can aid in weight loss and body fat reduction. Research explicitly examining the effects of Pound Fit on factors including triglycerides, total cholesterol, LDL, and HDL—all of which are critical for metabolism and heart health—is, however, lacking.

This dearth of research makes it crucial to investigate the effects of Pound Fit on the physical fitness and fat levels of young, overweight women. Better fitness regimens that lower the risk of long-term health issues

and enhance general health for this population can be developed with an understanding of the physical and metabolic impacts of this exercise. Examining the effects of Pound Fit on body fat and physical fitness in overweight young women is the aim of this study. It is anticipated that the results will aid in the creation of fun, efficient training regimens that enhance health and lower metabolic risks in this demographic.

2. Method

In order to find, evaluate, and compile pertinent data about the effects of Pound Fit activities on changes in body fat and physical fitness among overweight young women, this study employs the Systematic Literature Review (SLR) method. Because it efficiently gathers data from numerous earlier investigations, carefully assesses them, and produces thorough, trustworthy conclusions, the SLR approach was selected. Al-Zubidy & Carver (2019) state that the SLR process uses a methodical and regulated approach to identify, pick, and evaluate publications that fit particular requirements.

Using popular electronic databases including PubMed, Scopus, and Google Scholar, a literature search was conducted. Terms like "Pound Fit," "overweight," "body fat profile," "physical fitness," and "young women" were among those found in the search. The primary focus was on the effects of Pound Fit exercise on body composition and physical fitness. Only studies that satisfied certain requirements were included in the analysis. Studies with experimental, longitudinal, or quasi-experimental designs were included under these criteria. Studies that didn't fit these criteria or had nothing to do with the subject matter were excluded.

The major findings regarding the effects of Pound Fit interventions on body fat levels and physical fitness in overweight young women were gathered through a thematic analysis of pertinent papers. Comparing findings from several research, spotting fresh patterns or trends, and assessing Pound Fit's efficacy as a physical activity program were all part of this investigation.

3. Results and Discussion

According to studies, pound fit exercise can help young women who are overweight by increasing their level of physical fitness and decreasing their body fat. After 8 to 12 weeks of regular exercises, individuals who consistently engaged in pound fit training often lost between 2% and 5% of their body fat, according to a review of related studies (Hinton et al., 2006). These results imply that pound fit exercise can assist those who are overweight lose body fat.

People who participated in pound fit programs reported significant changes in their body's fat storage and physical fitness. According to studies by Kargarfard et al. (2017) and Kraemer et al. (1999), cardiovascular endurance, as determined by VO_2 max, increased by 10% to 15% following 10 to 12 weeks of consistent training. Because of their rapid, rhythmic motions and usage of Ripstix, which are light drumsticks, the pound fit programs work both the upper and lower body muscles. Overall physical fitness is increased by this combo.

Despite the favorable outcomes, some research emphasizes the significance of maintaining consistency to maintain those advantages. Liza and Sepdanius (2018) discovered that persons lost the gains they had gained in their physical fitness when they were unable to maintain their exercise regimen. This demonstrates that mental support and motivation should be incorporated into fitness programs in order to assist participants stay dedicated and achieve better outcomes over time. The Effect of Pound Fit Exercise on Fat Profile

3.1. Pound Fit Exercise's Impact on Fat Profile

It has been demonstrated that pound-fit exercise is especially successful in helping overweight young women lose body fat. The body fat percentage decreased by 2% to 5% for participants in an 8- to 12-week pound fit program, according to Melam et al. (2016). Strength, endurance, and cardiovascular training are all incorporated into the program, which increases energy expenditure and decreases fat buildup. Exercises like lunges, squats, and other full-body dynamic motions are essential because they increase fat burning and metabolic activity.

The utilization of Ripstix, which increases resistance in every action, is one unique aspect of pound fit training. The arms, back, and legs have to work harder due to the increased resistance, which increases calorie consumption. Since the abdomen is a common site for fat deposition in overweight individuals, the exercise's high intensity and full-body engagement promote cardiovascular activity, which is particularly advantageous for reducing abdominal fat.

Although pound fit exercise can result in noticeable weight loss, its long-term efficacy is on how well it is combined with other healthy lifestyle choices. According to Muslicha et al. (2022), weight loss may only last temporarily if it isn't accompanied by a healthy diet and consistent exercise. Gains made throughout the training phase may eventually wane if a healthy lifestyle is not maintained. Consequently, a thorough strategy that includes pound fit exercise as a component of a larger fitness and health plan—which also includes calorie

control, appropriate nutrition, and psychological support—is necessary to achieve and maintaining optimal outcomes.

3.2. Improvement of Physical Fitness with POUND FIT

Pound active exercises provide a fun and effective approach to burn calories for people looking to get more physically active (Ryskey, 2017). The efficiency of Pound Fit training in improving physical fitness has been shown in numerous research. Among the crucial indicators of physical fitness are:

3.2.1. A rise in cardiovascular fitness, or VO₂max

One important aspect of overall body health is cardiovascular health, which has been demonstrated to be enhanced by pound fit exercise (Okura et al., 2005). A person's VO₂max is a primary indicator of how well their heart and lungs are functioning. How much oxygen the body can consume when exercising is shown by VO₂max. Pound Fit helps the heart and lungs function better by using repeated motions at a specific intensity. Exercise like this aids the body in supplying vital organs like the heart and lungs with more oxygen. According to a study by Said et al. (2017), VO₂max significantly improved for those who frequently performed Pound Fit. After 8 to 12 weeks of training, their VO₂max increased by 10% to 15% on average. These findings demonstrate how Pound Fit strengthens the heart and lungs, enabling the body to withstand higher levels of physical exertion.

The main indicator of an individual's endurance is their VO₂max. Participants' total endurance is improved by having a higher VO₂max, which allows them to continue physically demanding activities like cycling, jogging, or daily chores like brisk walking and stair climbing for extended periods of time without experiencing fatigue (Shafiee & Sharifi, 2017). The body's ability to control blood oxygen levels is also improved, which is crucial for preserving normal physiological performance throughout strenuous exercise and everyday tasks.

Furthermore, increased VO₂max has benefits beyond improved endurance. Better heart and lung health are also associated with higher VO₂max. The body can better withstand physical obstacles, lower the risk of cardiovascular illnesses, and recuperate from exercise more rapidly as the heart and lungs become more effective (Sugiarti & Noor, 2008). The participants' quality of life is greatly enhanced by these beneficial effects, which are not only felt in the near term but also in the long run. Furthermore, the effects of elevated VO₂max are noticeable in day-to-day activities. When engaging in daily activities like shopping, working, or spending time with family, participants who have enhanced cardiovascular capacity typically feel more energized and less exhausted (Wallman et al., 2009). This rise in VO₂max allows them to have more stamina, even in situations that require higher levels of physical exertion. Consequently, Pound Fit training not only increases physical fitness but also dramatically enhances overall quality of life.

3.2.2. Pound Fit exercise improving Muscle Strength Enhancement

According to Andersen et al. (1999), Pound Fit workouts are a full and complete kind of exercise that greatly improves overall muscle strength as well as heart and lung health. This workout includes a variety of movements that directly work on the body's muscles, especially the lower body and core. Research has shown that Pound Fit can improve both the quality of sleep and muscle strength. Newer studies have found that doing Pound Fit can help with sleep patterns, lower stress, and promote relaxation, which all lead to better sleep overall (Damayanti et al., 2024). One big advantage of Pound Fit is that it helps build muscle without needing big equipment. It's a great choice for people who want to gain muscle while having fun and enjoying their workout.

Squats, lunges, and other dynamic exercises work the major lower body muscles, including the quadriceps, hamstrings, glutes, and pelvic muscles (Dianingsih et al., 2022). The goal of these exercises is to strengthen these muscles, which are essential for carrying out daily tasks like running, walking, and climbing stairs. Strengthening the lower body muscles not only helps to maintain overall stability but also improves posture and prevents strain on sensitive areas like the knees and lower back. Within a comparatively short period of time, participants in Pound Fit sessions frequently noticeably increase the strength of their pelvic and leg muscles, which enhances their capacity to do a variety of physical activities (Avisa et al., 2021).

These exercises are beneficial for strengthening the lower back muscles, which enhances stability throughout the body. According to Fitri et al. (2016), having strong lower back muscles might assist ease pain or stress that frequently results from poor posture or exerting yourself too much during exercise. Young ladies should pay particular attention to this because prolonged standing or sitting might strain the lower body and back. According to research by Hagan et al. (1986), Pound Fit activities target the hips, lower back, and tummy in addition to the lower body. Balance, coordination, and improved posture are all aided by having strong core muscles. Many exercises in Pound Fit, such as lunges and planks, directly work the core and require stability and control of the body. By maximizing core muscle engagement, Pound Fit improves total body stability and develops the core muscles.

The usage of Ripstix, lightweight drumsticks that add resistance to every movement, is one of Pound Fit's distinctive features. These sticks offer extra resistance that tones the hands, arms, and back muscles in addition to improving rhythm and coordination (Dean, 2013). Compared to traditional aerobics, which tends to concentrate primarily on cardiovascular fitness, this additional resistance raises the intensity of each action, providing more effective strength training. Thus, Pound Fit incorporates a vital muscle-strengthening element with aerobic training for heart health.

With the addition of resistance provided by Ripstix, Pound Fit provides further advantages in terms of enhancing general muscle strength and flexibility. According to Kelley et al (2004), resistance exercise speeds up muscle strengthening, which improves muscular tone and lowers body fat. A leaner, stronger, and more fit body is also a result of general muscular strengthening, as evidenced by decreased body fat and increased dense muscle mass Pound Fit is a fantastic choice for anyone wishing to improve their general muscle strength without relying on expensive workout equipment or time-consuming routines because of these benefits.

3.2.3. Pound Fit exercise Improvement in Body Balance and Coordination

According to Listiarini et al. (2018), Pound Fit exercises are crucial for improving body balance and coordination in addition to building muscles and increasing cardiovascular fitness. Balance and coordination are essential for preserving good bodily function and enhancing the caliber of everyday motions. To address these problems, Pound Fit offers a range of dynamic exercises that combine strength, agility, and overall body control. The little muscles that keep the body stable are strengthened via exercises that require balance in precarious situations.

Pound Fit incorporates workouts that encourage participants to maintain their body in challenging positions as a way to enhance their balance. Many exercises, such as lunges, squats, and jumping motions, require coordination between the arms, legs, and core. Simultaneously, participants must maintain proper posture, which enhances core muscles and overall flexibility. Regularly performing these activities will improve participants' ability to maintain balance when moving or standing motionless.

This improved balance directly affects the stability of the entire body. For instance, when the body is more stable, the arms and legs can coordinate and regulate themselves better. Muriyati et al. (2018) claim that this enhances performance during Pound Fit sessions and facilitates daily duties. For instance, those who have good balance may be able to better control their body movements and reduce their chance of falling or getting into an accident while they run, stroll, or even stand for long periods of time. Pound Fit's balance exercises improve movement strength and agility by assisting the body in moving more smoothly and under control.

According to Nassis et al. (2005), synchronization between different body parts also improves with continuous practice. By exercising the brain, many of the movements in Pound Fit require coordination between the arms, legs, and upper body, which immediately enhances gross motor skills. These multi-part motions enhance brain connectivity and the body's ability to move in unison, which enhances agility in other physical pursuits. Good coordination not only makes movements more efficient, but it also enhances the body's ability to respond to unforeseen physical challenges, such as those that occur in everyday interactions or even during sports.

One of the main advantages of improved balance and coordination is a decreased risk of injury. Poor body balance causes uneven weight distribution on muscles and joints, which raises the risk of injury, particularly in vulnerable areas like the knees, lower back, and ankles. Regular Pounding Exercises for fit balancing help people improve posture, develop their core muscles, and lessen stress in areas of their bodies that are prone to injury (Ryan et al., 2014). This reduces the risk of injury when working out or performing everyday tasks like jogging, moving heavy things, or cleaning the house.

Besides the immediate physical advantages, improving balance and coordination has big long-term benefits for building a stronger, healthier, and more balanced body. People with good balance can stay active for longer, perform better in sports, and experience fewer aches or injuries caused by tight muscles or accidents (Samosir et al., 2018). So, besides helping with fitness and losing weight, Pound Fit also brings wider advantages by improving overall quality of life. It helps create a body that is more durable, better at moving smoothly, and less likely to get hurt.

The fact that Pound Fit exercises are varied and fun adds to their advantages. The program incorporates dynamic, energizing movements with components of strength, endurance, and flexibility to keep participants interested and involved throughout sessions (Snyder et al., 1997). Maintaining consistency in exercises requires a pleasurable environment, which is created by the variety of movements, upbeat music, and the utilization of equipment like Ripstix. As a result, this workout not only successfully increases physical fitness but also offers young ladies who want to maintain their general health and fitness a fun and revitalizing option.

3.3. Difficulties in Sustaining Obtained Outcomes

Maintaining the improvements over time is the most issue, even though Pound Fit activities can have major short-term benefits. Although participants' body fat lowers and their physical fitness increases throughout the training period, these results often worsen once the program is over, according to research by Taghavi et al. (2011). Reduced motivation, trouble sticking to a regular training program, and lifestyle changes that disrupt the habit are some of the many causes that are commonly linked to this challenge. To overcome this, sustain the results obtained, and keep participants' fitness at its highest level, long-term strategies and a more all-encompassing approach are needed.

3.3.1. A reduction in training consistency and motivation

After the first few weeks of training, people's interest and commitment usually start to drop, which is something that happens often in Pound Fit programs. Even though many people begin with a lot of enthusiasm and effort, this tends to fade over time. As a result, they exercise less often and don't get the best results (Alfira et al., 2024). This drop in motivation is because of several connected reasons, like thinking that workouts are not challenging enough anymore or getting bored with the same routine (Avisia et al., 2021). Also, physical issues like tiredness or muscle soreness can make people stop participating, especially those who are overweight. Another big factor is the unrealistic expectation of seeing fast and big changes in the body, such as rapid weight loss or a big drop in body fat. When these hopes aren't met, people become unhappy, which makes them less likely to stick with the program and doubt its effectiveness, according to Fenkci et al. (2006).

Pound Fit workouts need to be different and gradually get tougher to solve these issues. Keeping people interested and preventing them from getting bored can be done by changing the music, trying new movements, or adjusting how hard the workout is (Hagan et al., 1986). Setting clear, realistic goals that can be measured, like getting stronger or more fit, can also help people stay motivated. Also, having support from others is important for staying committed. Doing workouts with friends or in groups makes the experience more enjoyable and helps build friendships and a sense of responsibility (Kargarfard et al., 2017). Even when people don't see big changes in their body, coaches should keep encouraging them to help them stay committed and keep a positive attitude (Arghode & Wang, 2016). Using these strategies helps Pound Fit participants stay motivated and gain lasting health benefits.

3.3.2. The Function of Psychological Elements in Consistent Training

The long-term success of training programs relies not just on physical factors but also on psychological ones, especially for young women in Pound Fit who deal with being overweight. Feelings like nervousness, anxiety, or embarrassment can make it hard for them to participate or stay consistent, especially when they are in groups (Melam et al., 2016). Some people might even avoid joining sessions altogether because they feel bad about their body and are worried about how others will judge them (Nassis et al., 2005). Also, if they don't see quick results, they might become disappointed or lose motivation because they expect fast weight loss or big changes (Said et al., 2017). Trainers need to help participants set realistic goals and explain that real progress takes time and regular effort.

To overcome these obstacles, a psychologically supportive environment must be established. Support should take precedence over criticism in surroundings that are friendly, nonjudgmental, and created by instructors and trainers (Snyder et al., 1997). Recognizing little accomplishments, such as improved endurance or dependability, can improve motivation and a positive self-perception. Additionally, social support from friends, family, or exercise groups can increase accountability and decrease isolation, which can enhance adherence (Wallman et al., 2009). Trainers also play an important role in the development of mental resilience by offering coping strategies and motivational techniques (Andersen et al., 1999). Incorporating psychological support into Pound Fit programs increases participant retention and yields long-term emotional and physical benefits.

3.3.3. Creating Adaptable and Enjoyable Training Programs

Creating a training plan that is both flexible and enjoyable is very important for keeping people involved in Pound Fit programs over the long term. Each person's needs, likes, and fitness level can be considered when choosing exercises, which makes the workouts more effective and more fun (Cunha et al., 2016). Offering different types of exercises, from intense to gentle, lets people pick routines that match their abilities. This helps them stay motivated and reduces the chance of getting bored or injured (Fitri et al., 2016). Being able to choose different session lengths also helps—whether they have a few minutes or a full hour—makes it easier to fit workouts into their busy lives without feeling stressed about time (Hinton et al., 2006). Adding fun elements like good music and team activities can make workouts more enjoyable and help people feel part of a group, which is key to staying committed over time (Kelley et al., 2004).

In addition to offering variety and fun, setting realistic, measurable goals is crucial for maintaining participant motivation. Unachievable ambitions may lead to hopelessness, yet realistic short-term goals

provide a sense of accomplishment and development (Liza & Sepdanius, 2018). When participants receive systematic coaching and help in defining these goals, their sense of autonomy and control over their fitness journey increases. In a positive and supportive environment, consistency is further strengthened; trainers who provide encouragement and recognize small victories can significantly improve emotional well-being and self-esteem (Muriyati et al., 2018). Lastly, a comprehensive approach that includes psychological support, adaptability, and personalized goal-setting ensures that the physical and motivational advantages of Pound Fit training are maintained both immediately and over time.

3.4. The consequences for Future Research and Training Programs

According to the report, Pound Fit has grown in popularity as a successful substitute for conventional exercise, particularly among young women who wish to reduce their weight and improve their physical appearance. Because Pound Fit blends aspects of strength training, cardio, and balance, each person may customize its advantages to meet their own objectives. Pound Fit's comprehensive approach makes it a useful tool for weight loss as well as for enhancing general health, muscular strength, and endurance. For young women who want to begin or continue working toward a healthier, more fit body, Pound Fit can be a helpful and practical choice (Okura et al., 2005).

However, it's crucial to realize that even if Pound Fit has a lot of short-term advantages, further study is required to determine the exercise program's long-term impacts. Future research ought to examine whether the improvements made following 8–12 weeks of training can be maintained over time or if the results start to deteriorate after a few months of not participating in a formal training regimen. The next study's findings may shed important light on whether Pound Fit may be a long-term, sustainable strategy for helping young women reach and retain a healthy weight and degree of physical activity. Future studies should also look at the ideal training frequency, length, and intensity to make sure the advantages last over time.

Future research should examine the psychological factors that may influence the effectiveness of the training program for those who are concerned about their weight. Psychological barriers, such as discomfort, low self-esteem, and other related issues, can make it difficult to stick to workout routines (Samosir et al., 2018). Therefore, the effects of social support, intrinsic motivation, and realistic goal-setting on training outcomes must be included in future studies. A fuller understanding of how these psychological factors assist maintaining progress and motivating participants to adhere to their training schedule will be necessary to design more effective programs.

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4. Conclusion

A study that looked at a lot of research (called a Systematic Literature Review) found that Pound Fit exercises help young women who are overweight get healthier. These exercises can improve their ability to use oxygen during exercise, which shows better heart and lung health. They also help lower body fat by 2% to 5% within 8 to 12 weeks. Plus, Pound Fit workouts make muscles stronger, especially in the legs and stomach area, which makes the whole body more fit.

Even though the results indicate a great deal of development, the biggest obstacle is sustaining these results over time. Over time, a decrease in desire and irregular training become obstacles that must be overcome when creating long-term fitness regimens. As a result, social support and motivation are essential for maintaining workout regimens and maintaining outcomes.

All things considered, Pound Fit is a fun and efficient workout option for young women who are overweight, with the dual goals of lowering body fat and increasing general physical fitness. To determine the long-term

effects of Pound Fit in weight loss and fitness improvement programs, as well as to investigate psychological aspects that might affect the exercise's effectiveness, more research is required.

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The are no potential conflicts of interest with respect to the research, authorship, and/ or publication of this article.

Data Availability

The datasets generated during and/ or analysed during the current study are available from the corresponding author on reasonable request.

Ethical Clearance

Due to this research using a literature review methodology, therefore here is no ethical clearance was done.

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