

ABSTRACT**The Effect of Acute Aerobic Physical Activity to Serum Triglycerides in Untrained and Trained Boys Approach to a lipolysis**

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The objective of this study was to demonstrate the lipolysis response through increase of serum triglycerides level in untrained and trained the effect of acute aerobic physical activity. Design used in this study was "factorial pretest-posttest design". Samples were 16 -19 years old, 10 untrained boys and 10 trained boys. Both groups were subjected to the same treatment. Subjects exercise on a cycle ergometer for ± 15 minutes at 70-85% HR_{max} . Loaded cycle ergometer exercise was done increasingly per 3 minutes. Triglycerides level was measured 30 minutes after exercise, using GPO/PAP method. No significant differences ($P>0,05$) between triglycerides level before exercise ($102,50 \pm 31,79$) and after exercise in untrained ($110,10 \pm 37,41$ mg/dl) and in trained ($107,80 \pm 33,65$) before exercise and ($127,00 \pm 21,74$ mg/dl) after exercise. It can be concluded that:

1. Serum triglycerides level in untrained increased after acute aerobic exercise, but does not significant differences for triglycerides level increased between two groups.
2. Serum triglycerides level after exercise in trained higher than untrained, but does not significant.

Keywords: aerobic exercise, serum *triglycerides*.