TABLE OF CONTENTS

Page

LIST OF TABLES

Table **Page**

LIST OF FIGURES

Figure **Page**

ABBREVIATIONS

%BF	percent body fat
µl	microliter
µmol/L	micromole per liter
^{0}C	degree Celcius
4-AAP	4-amino antipyrine
ABTS	2,2′-azinobis-(3-ethylbenzothiazoline-6-sulphonic acid)
ANOVA	analysis of variance
ATP	adenosine-5-phosphate
B.U.N	blood urea nitrogen
BD	body density
BF	body fat
bpm	beat per minute
BW	body weight
CAT	catalase
Ca^{++}	calcium ion
Cl	chlorine
cm	centimeter
CO	cardiac output
CO_2	carbondioxide
DAP	dihydroxyacetone phosphate
EKG	electrocardiogram

EST	exercise stress test
et al	and colleagues
FBS	fasting blood sugar
Fe^{2+}	ferrous ion
Fe^{3+}	ferric ion
g	gram
g/dl	gram per deciliter
GK	glycerol kiness
GPO	glycerolphosphate oxidase
GPX	glutathione peroxidase
GSH	glutathione
GSSG	glutathione disulfide
H^+	hydrogen ion
H_2O_2	hydrogen peroxide
HDL	high density lipoprotein
HR	heart rate
HRmax	maximum heart rate
HRR	heart rate reserve
IU	international unit
K^+	potassium ion
kpm	kilopoundmeter
kpm/min	kilopound meter per minute
$L^\bullet$	lipid radicals
LBM	lean body mass

LDL	low density lipoprotein
LH	lipid reduced form
$LO^{\bullet}$	lipid peroxyl radical
LOOH	lipid hydroperoxide
MDA	malondialdehyde
mEq	milliequivalent
Met Mb	metmyoglobin
mg	milligram
mg/dl	milligram per deciliter
ml	milliliter
mM	millimole
mmol/L	millimole per liter
mV	millivoltage
Na^{+}	sodium ion
nm	nanometer
NSS	normal saline solution
$O^{\bullet}_{2}$	superoxide anion or superoxide radical
O.D.	optical density
O_2	oxygen molecule
OH^{-}	hydroxide ion
$OH^{\bullet}$	hydroxyl radical
oxLDL	oxidized low density lipoprotein
PBS	phosphate buffer saline

RDA	recommended dietary allowances
ROS	reactive oxygen species
rpm	round per minute
SEM	standard error of means
SOD	superoxide dismutase
TAC	total antioxidant capacity
TCA	trichloroacetic acid
TBA	thiobabituric acid
TBHB	3-hydroxy-2,4,6-tribromobenzonic acid
TEP	tetraethoxypropane
VLDL	very low density lipoprotein
VO_2max	maximum oxygen consumption
WBC	white blood cells
wk	week