**Supplemental Table. Progression of training loads.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Weeks | Group | Number of sets | Number of repetitions | % Restriction | % 1-RM |
| 1  | HI-RT | 4 | 10 | - | 50 |
|  | LI-RT | 4 | 15 | - | 20 |
|  | BFRT | 4 | 15 | 50 | 20 |
| 2 to 4 | HI-RT | 4 | 10 | - | 80 |
|  | LI-RT | 4 | 15 | - | 30 |
|  | BFRT | 4 | 15 | 70 | 30 |
| 5 | HI-RT |  1-RM tests |
|  | LI-RT |  1-RM tests |
|  | BFRT |  1-RM tests |
| 5 to 8 | HI-RT | 5 | 10 | - | 80 |
|  | LI-RT | 5 | 15 | - | 30 |
|  | BFRT | 5 | 15 | 70 | 30 |
| 9 | HI-RT |  1-RM tests |
|  | LI-RT |  1-RM tests |
|  | BFRT |  1-RM tests |
| 9 to 12 | HI-RT | 5 | 10 | - | 80 |
|  | LI-RT | 5 | 15 | - | 30 |
|  | BFRT | 5 | 15 | 70 | 30 |

% Restriction, percentage of blood flow restriction; % 1-RM, percentage of one repetition maximum; HI-RT, high-intensity resistance training; LI-RT, low-intensity resistance training; BFRT, low-intensity resistance training with blood flow restriction.