**Supplementary Digital Content 2** **-** Body composition before and after the training program for SL and CON group (mean ± SD).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Body mass (kg) | Fat Free mass (kg) | Fat mass  (kg) |
| SL group | PRE | 70.57 ±5.02 | 57.86 ± 29.1 | 9.70 ± 4.08 |
| POST | 69.6 ± 4.97 \* | 57.76 ± 27.3 | 8.86 ± 3.78 \* |
|  |  |  |  |  |
| CON group | PRE | 72.79 ± 3.94 | 60.82 ± 45.3 | 8.86 ± 2.26 |
| POST | 72.42 ± 4.13 | 60.68 ± 45.3 | 8.63 ± 2.36 |
|  | \*: *P* < 0.05 as compared to PRE values | | |  |