Supplemental Table 2

**Program Variables for the Resistance Training Intervention**

|  |  |  |  |
| --- | --- | --- | --- |
| **Weeks 1-5** | | | |
|  | **Light** | **Moderate** | **Heavy** |
| **Sets** | 3 | 3 | 3 |
| **Reps** | 12 | 8 | 5 |
|  |  |  |  |
| **Weeks 6-10** | | | |
|  | **Light** | **Moderate** | **Heavy** |
| **Sets** | 3 | 4 | 4 |
| **Reps** | 10 | 6 | 3 |