**SDC 3. Body Composition.** Total body and regional body composition determined by Dual Energy X-ray Absorptiometry.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **PRE** | **BR14** | **BR28** | **BR42** | **BR56** | **BR70** |
| **Lean Body Mass (g)** |  |  |  |  |  |  |  |  |  |
| **Total x** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 58.8 | ± | 7.7 | 57.6 | ± | 7.5 | 57.3 | ± | 7.8 | 56.7 | ± | 7.3 | 56.6 | ± | 7.5 | 56.4 | ± | 7.9 |
| **PEX** | 56.5 | ± | 4.2 | 56.5 | ± | 3.3 | 56.2 | ± | 3.5 | 56.2 | ± | 3.5 | 55.9 | ± | 3.3 | 55.9 | ± | 3.1 |
| **TEX** | 57.1 | ± | 7.8 | 58.9 | ± | 8.4 | 58.4 | ± | 7.6 | 59.0 | ± | 8.1 | 58.6 | ± | 7.6 | 59.5 | ± | 7.8 |
| **Trunk** **x** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 27.1 | ± | 2.7 | 26.5 | ± | 2.6 | 26.5 | ± | 2.7 | 26.4 | ± | 2.5 | 26.5 | ± | 2.5 | 26.3 | ± | 2.9 |
| **PEX** | 26.8 | ± | 2.8 | 26.6 | ± | 2.2 | 26.5 | ± | 2.7 | 26.6 | ± | 2.5 | 26.4 | ± | 2.4 | 26.4 | ± | 2.2 |
| **TEX** | 26.7 | ± | 3.4 | 27.5 | ± | 3.4 | 27.3 | ± | 2.8 | 27.5 | ± | 3.5 | 27.4 | ± | 3.0 | 28.0 | ± | 3.1 |
| **Legs** **#,x** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 20.5 | ± | 3.9 | 19.8 | ± | 3.8 | 19.5 | ± | 3.8 | 19.1 | ± | 3.6 | 18.9 | ± | 3.8 | 18.9 | ± | 3.8 |
| **PEX** | 19.3 | ± | 1.7 | 19.3 | ± | 1.5 | 19.3 | ± | 1.7 | 19.3 | ± | 1.6 | 19.1 | ± | 1.5 | 19.2 | ± | 1.7 |
| **TEX** | 19.6 | ± | 3.2 | 20.3 | ± | 3.7 | 20.2 | ± | 3.6 | 20.2 | ± | 3.5 | 20.1 | ± | 3.4 | 20.3 | ± | 3.4 |
| **Arms** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 7.9 | ± | 1.4 | 8.0 | ± | 1.4 | 7.9 | ± | 1.3 | 7.9 | ± | 1.3 | 7.8 | ± | 1.5 | 7.9 | ± | 1.4 |
| **PEX** | 7.1 | ± | 0.7 | 7.2 | ± | 0.8 | 7.1 | ± | 0.7 | 7.0 | ± | 0.6 | 7.0 | ± | 0.6 | 7.0 | ± | 0.6 |
| **TEX** | 7.3 | ± | 1.5 | 7.5 | ± | 1.6 | 7.4 | ± | 1.6 | 7.6 | ± | 1.6 | 7.5 | ± | 1.6 | 7.6 | ± | 1.7 |
| **Fat Mass (g)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total** **#,****x** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 18.5 | ± | 4.1 | 19.1 | ± | 3.9 | 19.3 | ± | 3.8 | 19.6 | ± | 3.3 | 20.2 | ± | 3.0 | 20.7 | ± | 2.8 |
| **PEX** | 16.2 | ± | 6.1 | 16.6 | ± | 6.0 | 16.7 | ± | 6.3 | 17.0 | ± | 6.3 | 17.1 | ± | 6.4 | 17.5 | ± | 6.5 |
| **TEX** | 16.8 | ± | 6.6 | 16.3 | ± | 6.7 | 16.4 | ± | 6.7 | 16.5 | ± | 6.8 | 16.5 | ± | 6.8 | 16.5 | ± | 6.9 |
| **Trunk #,x** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 9.7 | ± | 3.2 | 10.2 | ± | 3.2 | 10.4 | ± | 3.0 | 10.5 | ± | 2.9 | 10.8 | ± | 2.7 | 11.1 | ± | 2.5 |
| **PEX** | 7.9 | ± | 3.5 | 8.2 | ± | 3.6 | 8.2 | ± | 3.7 | 8.5 | ± | 3.7 | 8.6 | ± | 3.7 | 8.8 | ± | 3.8 |
| **TEX** | 8.3 | ± | 3.9 | 8.1 | ± | 4.0 | 8.1 | ± | 4.0 | 8.3 | ± | 4.1 | 8.2 | ± | 4.1 | 8.3 | ± | 4.1 |
| **Legs** **#,x** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 6.2 | ± | 0.9 | 6.3 | ± | 0.9 | 6.4 | ± | 0.8 | 6.5 | ± | 0.8 | 6.8 | ± | 0.7 | 6.9 | ± | 0.7 |
| **PEX** | 5.9 | ± | 1.9 | 6.0 | ± | 1.9 | 6.1 | ± | 2.1 | 6.1 | ± | 2.1 | 6.1 | ± | 2.1 | 6.3 | ± | 2.2 |
| **TEX** | 6.0 | ± | 2.2 | 5.7 | ± | 2.3 | 5.7 | ± | 2.3 | 5.7 | ± | 2.3 | 5.8 | ± | 2.3 | 5.7 | ± | 2.4 |
| **Arms** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 1.7 | ± | 0.4 | 1.7 | ± | 0.3 | 1.7 | ± | 0.3 | 1.7 | ± | 0.3 | 1.8 | ± | 0.3 | 1.8 | ± | 0.3 |
| **PEX** | 1.5 | ± | 0.6 | 1.5 | ± | 0.7 | 1.5 | ± | 0.6 | 1.5 | ± | 0.7 | 1.5 | ± | 0.6 | 1.5 | ± | 0.6 |
| **TEX** | 1.6 | ± | 0.7 | 1.6 | ± | 0.7 | 1.6 | ± | 0.6 | 1.5 | ± | 0.7 | 1.5 | ± | 0.7 | 1.6 | ± | 0.7 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **PRE** | **BR14** | **BR28** | **BR42** | **BR56** | **BR70** |
| **Bone Mineral Density (g·cm-2)** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 1.240 | ± | 0.117 | 1.243 | ± | 0.123 | 1.238 | ± | 0.087 | 1.233 | ± | 0.083 | 1.225 | ± | 0.086 | 1.237 | ± | 0.106 |
| **PEX** | 1.302 | ± | 0.137 | 1.294 | ± | 0.156 | 1.301 | ± | 0.148 | 1.295 | ± | 0.125 | 1.297 | ± | 0.122 | 1.284 | ± | 0.122 |
| **TEX** | 1.276 | ± | 0.118 | 1.287 | ± | 0.101 | 1.271 | ± | 0.118 | 1.301 | ± | 0.119 | 1.302 | ± | 0.109 | 1.278 | ± | 0.113 |
| **Trunk** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 1.029 | ± | 0.097 | 1.032 | ± | 0.097 | 1.033 | ± | 0.094 | 1.031 | ± | 0.096 | 1.025 | ± | 0.088 | 1.026 | ± | 0.096 |
| **PEX** | 1.079 | ± | 0.117 | 1.081 | ± | 0.124 | 1.087 | ± | 0.122 | 1.084 | ± | 0.113 | 1.087 | ± | 0.116 | 1.083 | ± | 0.113 |
| **TEX** | 1.032 | ± | 0.113 | 1.037 | ± | 0.111 | 1.038 | ± | 0.115 | 1.046 | ± | 0.114 | 1.044 | ± | 0.116 | 1.038 | ± | 0.109 |
| **Legs #** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 1.328 | ± | 0.122 | 1.326 | ± | 0.131 | 1.333 | ± | 0.131 | 1.339 | ± | 0.111 | 1.142 | ± | 0.410 | 1.316 | ± | 0.118 |
| **PEX** | 1.416 | ± | 0.129 | 1.420 | ± | 0.134 | 1.409 | ± | 0.115 | 1.426 | ± | 0.112 | 1.417 | ± | 0.112 | 1.405 | ± | 0.117 |
| **TEX** | 1.386 | ± | 0.110 | 1.385 | ± | 0.104 | 1.394 | ± | 0.098 | 1.416 | ± | 0.123 | 1.409 | ± | 0.109 | 1.390 | ± | 0.119 |
| **Arms** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 0.956 | ± | 0.139 | 0.966 | ± | 0.156 | 0.936 | ± | 0.095 | 0.909 | ± | 0.077 | 0.926 | ± | 0.098 | 0.965 | ± | 0.105 |
| **PEX** | 0.989 | ± | 0.148 | 0.955 | ± | 0.210 | 0.983 | ± | 0.194 | 0.944 | ± | 0.149 | 0.957 | ± | 0.115 | 0.932 | ± | 0.120 |
| **TEX** | 0.964 | ± | 0.141 | 1.005 | ± | 0.145 | 1.002 | ± | 0.175 | 1.003 | ± | 0.149 | 1.012 | ± | 0.114 | 0.962 | ± | 0.132 |
| **Pelvis #,x** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 1.073 | ± | 0.136 | 1.060 | ± | 0.134 | 1.062 | ± | 0.135 | 1.059 | ± | 0.134 | 1.036 | ± | 0.132 | 1.043 | ± | 0.142 |
| **PEX** | 1.139 | ± | 0.118 | 1.134 | ± | 0.128 | 1.141 | ± | 0.112 | 1.131 | ± | 0.105 | 1.132 | ± | 0.111 | 1.135 | ± | 0.111 |
| **TEX** | 1.078 | ± | 0.117 | 1.085 | ± | 0.123 | 1.085 | ± | 0.128 | 1.085 | ± | 0.126 | 1.085 | ± | 0.130 | 1.085 | ± | 0.125 |
| **Spine** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **CON** | 1.087 | ± | 0.063 | 1.089 | ± | 0.059 | 1.086 | ± | 0.066 | 1.083 | ± | 0.075 | 1.095 | ± | 0.050 | 1.082 | ± | 0.049 |
| **PEX** | 1.142 | ± | 0.130 | 1.156 | ± | 0.133 | 1.159 | ± | 0.136 | 1.158 | ± | 0.138 | 1.166 | ± | 0.125 | 1.159 | ± | 0.121 |
| **TEX** | 1.107 | ± | 0.123 | 1.112 | ± | 0.130 | 1.111 | ± | 0.141 | 1.137 | ± | 0.127 | 1.126 | ± | 0.126 | 1.117 | ± | 0.128 |

**#**Significant effect of time. xSignificant time x treatment interaction. (P < 0.05, Two-way ANOVA). Values are mean ± SD.