

RESISTANCE TRAINING INDUCES ANTI-ATHEROGENIC EFFECTS ON METABOLOMIC PATHWAYS

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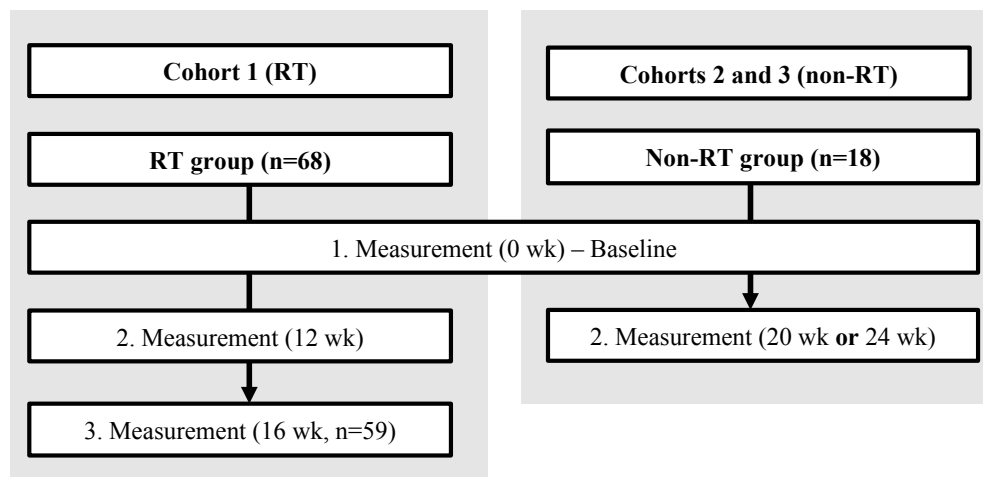
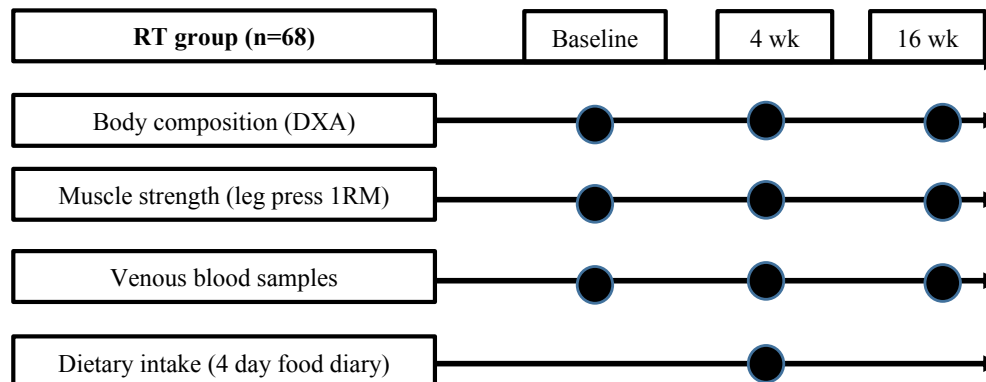
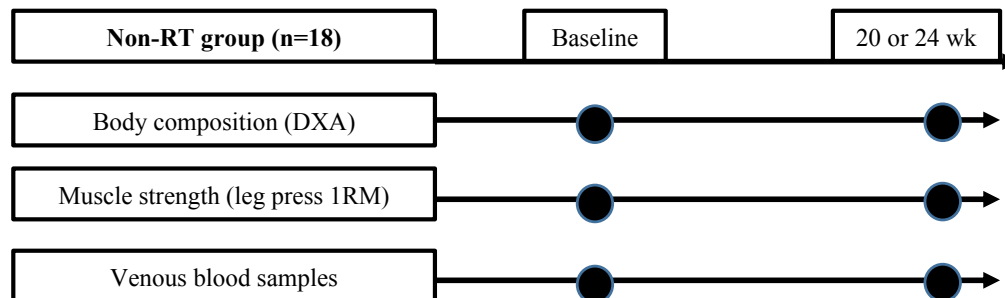
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Supplementary Figure 1. Flowchart of study design. The duration of the fully supervised resistance training intervention for the RT group was 16 weeks. Measurements were performed at baseline (PRE), after 4 weeks (POST-4wk), and after 16 weeks (POST-16wk) of resistance training. The non-RT group was measured at baseline (PRE) and after (POST-control) 20-weeks (n = 8) or 24-weeks (n = 10) into the study periods. The non-RT group was formed using data from two previously collected cohorts which is why the follow-up times vary between groups. Panel A depicts overall study design whereas panels B (RT group) and C (non-RT group) depict at which time points each measurements were performed.