|  | Begge kjønn | | | Kvinner | | | Menn | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Intervensjon | Kontroll | P-verdi | Intervensjon | Kontroll | P-verdi | Intervensjon | Kontroll | P-verdi |
| Antall | 16 | 22 |  | 11 | 10 |  | 5 | 12 |  |
| Alder (år) | 48.4 (9.96) | 52.8 (15.9) | 0.310 | 50.55 (9.53) | 53.00 (13.48) | 0.639 | 43.80 (10.28) | 52.58 (18.33) | 0.232 |
| Vekt (kg) | 92.8 (21.4) | 82 (15) | 0.572 | 87.27 (17.57) | 75.45 (15.43) | 0.745 | 105.10 (25.86) | 87.47 (12.84) | 0.910 |
| Høyde (cm) | 171 (7.95) | 173 (9.69) | 0.019 \* | 168.09 (6.63) | 167.10 (7.08) | 0.112 | 178.10 (6.39) | 177.65 (9.10) | 0.126 |
| KMI | 31.3 (5.99) | 27 (3.89) | 0.0075 \* | 30.64 (5.98) | 26.66 (4.92) | 0.033 \* | 32.84 (6.38) | 27.31 (2.97) | 0.298 |
| Vo2maks ( ml/kg/min) | 27.3 (5.99) | 33.1 (6.55) | 0.320 | 25.91 (5.92) | 32.33 (6.75) | 0.326 | 30.33 (5.47) | 33.76 (6.61) | 0.606 |
| Vo2maks (ml/min) | 2480 (593) | 2690 (668) | 0.037 \* | 2196.97 (391.40) | 2375.87 (418.21) | 0.096 ¶ | 3109.12 (470.56) | 2950.49 (738.34) | 0.089 ¶ |
| Livvidde (cm) | 105 (16.6) | 94.2 (13.1) | 0.453 | 100.22 (14.02) | 89.49 (14.00) | 0.831 | 116.11 (17.92) | 98.17 (11.40) | 0.731 |
| Grepsstyrke (kg) | 33.7 (17.2) | 37.6 (13.5) | 0.369 | 25.91 (4.99) | 26.50 (7.20) | 0.781 | 50.80 (22.83) | 46.92 (10.06) | 0.321 |
| Systolisk blodtrykk (mmHg) | 139 (16.4) | 144 (17.1) | 0.474 | 139.45 (15.04) | 137.35 (18.72) | 0.205 | 139.00 (20.91) | 150.08 (13.76) | 0.856 |
| Diastolisk blodtrykk (mmHg) | 92.8 (15.1) | 89.8 (7.82) | 0.941 | 92.09 (11.91) | 86.60 (6.62) | 0.367 | 94.50 (22.18) | 92.54 (7.96) | 0.423 |
| Total mager masse (gram) | 51.2 (12.1) | 50.9 (10.5) | 0.0077 \* | 45.65 (7.02) | 43.03 (5.94) | 0.083 ¶ | 63.41 (12.62) | 58.07 (8.32) | 0.163 |
| Total fettmass (gram) | 38.8 (12.5) | 28.1 (9.16) | 0.181 | 38.74 (11.39) | 29.88 (10.78) | 0.972 | 38.89 (16.04) | 26.51 (7.58) | 0.444 |
| 1RM i benpress (N) | 212 (62.3) | 247 (95.9) | 0.094 ¶ | 183.18 (37.23) | 182.60 (38.54) | 0.117 | 274.00 (63.19) | 305.91 (95.26) | 0.208 |
| Verdier er oppgitt som gjennomsnitt og standardavvik (SD). \* P < 0.050; ¶ P < 0.100 | | | | | | | | | |