|  | | ♀+♂ | | |  | ♀ | |  | ♂ |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Intervensjon | | kontroll | P-verdi | Intervnsjon | Kontroll | P-verdi | Intervensjon | Kontroll | P-verdi |
| Antall | | 16 | | 22 |  | 11 | 10 |  | 5 | 12 |  |
| Alder (år) | | 47.2 (9.91) | | 52.8 (15.9) | 0,310 | 50.5 (9.53) | 53 (13.5) | 0,139 | 43.8 (10.3) | 52.6 (18.3) | 0,232 |
| Vekt (kg) | | 96.2 (21.7) | | 81.5 (14.1) | 0,094 | 87.3 (17.6) | 75.4 (15.4) | 0,196 | 105 (25.9) | 87.5 (12.8) | 0,208 |
| Høyde (cm) | | 173 (6.51) | | 172 (8.09) | 0,572 | 168 (6.63) | 167 (7.08) | 0,331 | 178 (6.39) | 178 (9.1) | 0,910 |
| KMI | | 31.7 (6.18) | | 27 (3.94) | 0,019 | 30.6 (5.98) | 26.7 (4.92) | <0,001 | 32.8 (6.38) | 27.3 (2.97) | 0,126 |
| Vo2maks (ml/kg/min) | | 28.1 (5.7) | | 33 (6.68) | 0,008 | 25.9 (5.92) | 32.3 (6.75) | <0,001 | 30.3 (5.47) | 33.8 (6.61) | 0,298 |
| Vo2maks (ml/min) | | 2650 (431) | | 2660 (578) | 0,320 | 2200 (391) | 2380 (418) | 0,182 | 3110 (471) | 2950 (738) | 0,606 |
| Livvidde (cm) | | 108 (16) | | 93.8 (12.7) | 0,037 | 100 (14) | 89.5 (14) | 0,003 | 116 (17.9) | 98.2 (11.4) | 0,089 |
| Grepsstyrke (kg) | | 38.4 (13.9) | | 36.7 (8.63) | 0,453 | 25.9 (4.99) | 26.5 (7.2) | 0,310 | 50.8 (22.8) | 46.9 (10.1) | 0,731 |
| Systolisk blodtrykk (mmHg) | | 139 (18) | | 144 (16.2) | 0,369 | 139 (15) | 137 (18.7) | 0,154 | 139 (20.9) | 150 (13.8) | 0,321 |
| Diastolisk blodtrykk (mmHg) | | 93.3 (17) | | 89.6 (7.29) | 0,474 | 92.1 (11.9) | 86.6 (6.62) | 0,685 | 94.5 (22.2) | 92.5 (7.96) | 0,856 |
| Total mager masse (gram) | | 54.5 (9.82) | | 50.3 (7.07) | 0,941 | 45.6 (7.02) | 43 (5.94) | 0,930 | 63.4 (12.6) | 57.5 (8.19) | 0,423 |
| Total fettmass (gram) | | 38.8 (13.7) | | 28.5 (9.11) | 0,008 | 38.7 (11.4) | 29.9 (10.8) | <0,001 | 38.9 (16) | 27 (7.44) | 0,163 |
| 1RM i benpress (N) | | 229 (50.2) | | 241 (65.9) | 0,181 | 183 (37.2) | 183 (38.5) | 0,079 | 274 (63.2) | 300 (93.3) | 0,444 |
|  |  | | Data er gitt som gjennomsnitt og standardavvik. | | | | | | | |  |