|  | Begge kjønn | | | Kvinner | | | Menn | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Intervensjon | Kontroll | P-verdi | Intervensjon | Kontroll | P-verdi | Intervensjon | Kontroll | P-verdi |
| N | 16 | 22 |  | 11 | 10 |  | 5 | 12 |  |
| Alder (år) | 48.4 (9.96) | 52.8 (15.9) | 0.602 | 50.55 (9.53) | 53.00 (13.48) | 0.649 | 43.80 (10.28) | 52.58 (18.33) | 0.564 |
| Høyde (cm) | 171 (7.95) | 173 (9.69) | 0.892 | 168.09 (6.63) | 167.10 (7.08) | 0.578 | 178.10 (6.39) | 177.65 (9.10) | 0.677 |
| Vekt (kg) | 92.8 (21.4) | 82 (15) | 0.105 | 87.27 (17.57) | 75.45 (15.43) | 0.220 | 105.10 (25.86) | 87.47 (12.84) | 0.089 ¶ |
| BMI (kg/m2) | 31.3 (5.99) | 27 (3.89) | 0.033 \* | 30.64 (5.98) | 26.66 (4.92) | 0.263 | 32.84 (6.38) | 27.31 (2.97) | 0.060 ¶ |
| Fettmasse (kg) | 38.8 (12.5) | 28.1 (9.16) | 0.017 \* | 38.74 (11.39) | 29.88 (10.78) | 0.243 | 38.89 (16.04) | 26.51 (7.58) | 0.071 ¶ |
| Mager masse (kg) | 51.2 (12.1) | 50.9 (10.5) | 0.727 | 45.65 (7.02) | 43.03 (5.94) | 0.292 | 63.41 (12.62) | 58.07 (8.32) | 0.248 |
| Systolisk blodtrykk (mmHg) | 139 (16.4) | 144 (17.1) | 0.583 | 139.45 (15.04) | 137.35 (18.72) | 0.583 | 139.00 (20.91) | 150.08 (13.76) | 0.231 |
| Diastolisk blodtrykk (mmHg) | 92.8 (15.1) | 89.8 (7.82) | 0.267 | 92.09 (11.91) | 86.60 (6.62) | 0.067 ¶ | 94.50 (22.18) | 92.54 (7.96) | 0.967 |
| Midjeomkrets (cm) | 105 (16.6) | 94.2 (13.1) | 0.062 ¶ | 100.22 (14.02) | 89.49 (14.00) | 0.219 | 116.11 (17.92) | 98.17 (11.40) | 0.396 |
| Visceralt fett (g) | 1770 (905) | 1460 (957) | 0.072 ¶ | 1557.62 (858.07) | 1126.70 (842.28) | 0.353 | 2249.47 (906.21) | 1709.16 (997.01) | 0.031 \* |
| Vo2maks (ml/min/kg) | 27.3 (5.99) | 33.1 (6.55) | 0.112 | 25.91 (5.92) | 32.33 (6.75) | 0.324 | 30.33 (5.47) | 33.76 (6.61) | 0.096 ¶ |
| Gripestyrke (kg) | 33.7 (17.2) | 37.6 (13.5) | 0.578 | 25.91 (4.99) | 26.50 (7.20) | 0.781 | 50.80 (22.83) | 46.92 (10.06) | 0.680 |
| Benstyrke 1RM (kg) | 212 (62.3) | 247 (95.9) | 0.243 | 183.18 (37.23) | 182.60 (38.54) | 0.614 | 274.00 (63.19) | 305.91 (95.26) | 0.396 |
| Verdier er oppgitt som gjennomsnitt og standardavvik (SD). \* P < 0.05; ¶ P < 0.1 | | | | | | | | | |