|  | 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) | 48.44 (9.96) | 52.77 (15.94) | 0.310 | 50.55 (9.53) | 53.00 (13.48) | 0.639 | 43.80 (10.28) | 52.58 (18.33) | 0.232 |
| Høyde (cm) | 171.22 (7.95) | 172.85 (9.69) | 0.572 | 168.09 (6.63) | 167.10 (7.08) | 0.745 | 178.10 (6.39) | 177.65 (9.10) | 0.910 |
| Vekt (kg) | 92.84 (21.37) | 82.00 (15.03) | 0.094 ¶ | 87.27 (17.57) | 75.45 (15.43) | 0.117 | 105.10 (25.86) | 87.47 (12.84) | 0.208 |
| BMI (kg/m2) | 31.32 (5.99) | 27.01 (3.89) | 0.019 \* | 30.64 (5.98) | 26.66 (4.92) | 0.112 | 32.84 (6.38) | 27.31 (2.97) | 0.126 |
| Fettmasse (kg) | 38.78 (12.45) | 28.11 (9.16) | 0.008 \* | 38.74 (11.39) | 29.88 (10.78) | 0.083 ¶ | 38.89 (16.04) | 26.51 (7.58) | 0.163 |
| Mager masse (kg) | 51.20 (12.15) | 50.91 (10.48) | 0.941 | 45.65 (7.02) | 43.03 (5.94) | 0.367 | 63.41 (12.62) | 58.07 (8.32) | 0.423 |
| Systolisk blodtrykk (mmHg) | 139.31 (16.36) | 144.30 (17.07) | 0.369 | 139.45 (15.04) | 137.35 (18.72) | 0.781 | 139.00 (20.91) | 150.08 (13.76) | 0.321 |
| Diastolisk blodtrykk (mmHg) | 92.84 (15.07) | 89.84 (7.82) | 0.474 | 92.09 (11.91) | 86.60 (6.62) | 0.205 | 94.50 (22.18) | 92.54 (7.96) | 0.856 |
| Midjeomkrets (cm) | 105.18 (16.57) | 94.23 (13.10) | 0.625 | 100.22 (14.02) | 89.49 (14.00) | 0.100 | 116.11 (17.92) | 98.17 (11.40) | 0.226 |
| Visceralt fett (g) | 1773.82 (905.28) | 1463.92 (956.78) | 0.954 | 1557.62 (858.07) | 1126.70 (842.28) | 0.436 | 2249.47 (906.21) | 1709.16 (997.01) | 0.641 |
| Triglyserider (mmol/l) | 1.32 (0.67) | 1.49 (1.24) | 0.907 | 1.27 (0.70) | 0.86 (0.34) | 0.996 | 1.43 (0.67) | 2.19 (1.52) | 0.965 |
| HDL-kolesterol (mmol/l) | 1.28 (0.45) | 1.29 (0.37) | 0.458 | 1.37 (0.51) | 1.52 (0.32) | 0.572 | 1.08 (0.13) | 1.03 (0.23) | 0.128 |
| LDL-kolesterol (mmol/l) | 3.01 (1.02) | 2.97 (0.92) | 0.327 | 3.07 (1.21) | 3.07 (1.14) | 0.675 | 2.88 (0.45) | 2.87 (0.65) | 0.509 |
| Glukose (mmol/l) | 5.68 (1.33) | 5.34 (1.27) | 0.008 \* | 5.13 (0.37) | 5.44 (1.65) | 0.033 \* | 6.88 (1.92) | 5.23 (0.73) | 0.298 |
| Pulsbølgehastighet (m/s) | 7.55 (1.61) | 8.19 (2.06) | 0.037 \* | 7.40 (1.74) | 7.77 (2.04) | 0.096 ¶ | 7.90 (1.44) | 8.56 (2.11) | 0.089 ¶ |
| Vo2maks (ml/min/kg) | 27.29 (5.99) | 33.11 (6.55) | 0.333 | 25.91 (5.92) | 32.33 (6.75) | 0.292 | 30.33 (5.47) | 33.76 (6.61) | 0.314 |
| Gripestyrke (kg) | 33.69 (17.25) | 37.64 (13.55) | 0.453 | 25.91 (4.99) | 26.50 (7.20) | 0.831 | 50.80 (22.83) | 46.92 (10.06) | 0.731 |
| Benstyrke 1RM (kg) | 211.56 (62.28) | 247.19 (95.85) | 0.181 | 183.18 (37.23) | 182.60 (38.54) | 0.972 | 274.00 (63.19) | 305.91 (95.26) | 0.444 |
| Verdier er oppgitt som gjennomsnitt og standardavvik (SD). \* P < 0.050; ¶ P < 0.100 | | | | | | | | | |