

subj	program	TimePoint	Strength
1	Control	Day 1	85
1	Control	Day 3	85
1	Control	Day 5	86
1	Control	Day 7	85
1	Control	Day 9	87
1	Control	Day 11	86
1	Control	Day 13	87
2	Control	Day 1	80
2	Control	Day 3	79
2	Control	Day 5	79
2	Control	Day 7	78
2	Control	Day 9	78
2	Control	Day 11	79
2	Control	Day 13	78
3	Control	Day 1	78
3	Control	Day 3	77
3	Control	Day 5	77
3	Control	Day 7	77
3	Control	Day 9	76
3	Control	Day 11	76
3	Control	Day 13	77
4	Control	Day 1	84
4	Control	Day 3	84
4	Control	Day 5	85
4	Control	Day 7	84
4	Control	Day 9	83
4	Control	Day 11	84
4	Control	Day 13	85
5	Control	Day 1	80
5	Control	Day 3	81
5	Control	Day 5	80
5	Control	Day 7	80
5	Control	Day 9	79
5	Control	Day 11	79
5	Control	Day 13	80
6	Control	Day 1	76

subj	program	TimePoint	Strength
6	Control	Day 3	78
6	Control	Day 5	77
6	Control	Day 7	78
6	Control	Day 9	78
6	Control	Day 11	77
6	Control	Day 13	74
7	Control	Day 1	79
7	Control	Day 3	79
7	Control	Day 5	80
7	Control	Day 7	79
7	Control	Day 9	80
7	Control	Day 11	79
7	Control	Day 13	81
8	Control	Day 1	76
8	Control	Day 3	76
8	Control	Day 5	76
8	Control	Day 7	75
8	Control	Day 9	75
8	Control	Day 11	74
8	Control	Day 13	74
9	Control	Day 1	77
9	Control	Day 3	78
9	Control	Day 5	78
9	Control	Day 7	80
9	Control	Day 9	80
9	Control	Day 11	81
9	Control	Day 13	80
10	Control	Day 1	79
10	Control	Day 3	79
10	Control	Day 5	79
10	Control	Day 7	79
10	Control	Day 9	77
10	Control	Day 11	78
10	Control	Day 13	79
11	Control	Day 1	81
11	Control	Day 3	81

subj	program	TimePoint	Strength
11	Control	Day 5	80
11	Control	Day 7	80
11	Control	Day 9	80
11	Control	Day 11	81
11	Control	Day 13	82
12	Control	Day 1	77
12	Control	Day 3	76
12	Control	Day 5	77
12	Control	Day 7	78
12	Control	Day 9	77
12	Control	Day 11	77
12	Control	Day 13	77
13	Control	Day 1	82
13	Control	Day 3	83
13	Control	Day 5	83
13	Control	Day 7	83
13	Control	Day 9	84
13	Control	Day 11	83
13	Control	Day 13	83
14	Control	Day 1	84
14	Control	Day 3	84
14	Control	Day 5	83
14	Control	Day 7	82
14	Control	Day 9	81
14	Control	Day 11	79
14	Control	Day 13	78
15	Control	Day 1	79
15	Control	Day 3	81
15	Control	Day 5	81
15	Control	Day 7	82
15	Control	Day 9	82
15	Control	Day 11	82
15	Control	Day 13	80
16	Control	Day 1	79
16	Control	Day 3	79
16	Control	Day 5	78

subj	program	TimePoint	Strength
16	Control	Day 7	77
16	Control	Day 9	77
16	Control	Day 11	78
16	Control	Day 13	78
17	Control	Day 1	83
17	Control	Day 3	82
17	Control	Day 5	83
17	Control	Day 7	85
17	Control	Day 9	84
17	Control	Day 11	83
17	Control	Day 13	82
18	Control	Day 1	78
18	Control	Day 3	78
18	Control	Day 5	79
18	Control	Day 7	79
18	Control	Day 9	78
18	Control	Day 11	77
18	Control	Day 13	77
19	Control	Day 1	80
19	Control	Day 3	80
19	Control	Day 5	79
19	Control	Day 7	79
19	Control	Day 9	80
19	Control	Day 11	80
19	Control	Day 13	80
20	Control	Day 1	78
20	Control	Day 3	79
20	Control	Day 5	80
20	Control	Day 7	81
20	Control	Day 9	80
20	Control	Day 11	79
20	Control	Day 13	80
1	Repetition Increase	Day 1	79
1	Repetition Increase	Day 3	79
1	Repetition Increase	Day 5	79
1	Repetition Increase	Day 7	80

subj	program	TimePoint	Strength
1	Repetition Increase	Day 9	80
1	Repetition Increase	Day 11	78
1	Repetition Increase	Day 13	80
2	Repetition Increase	Day 1	83
2	Repetition Increase	Day 3	83
2	Repetition Increase	Day 5	85
2	Repetition Increase	Day 7	85
2	Repetition Increase	Day 9	86
2	Repetition Increase	Day 11	87
2	Repetition Increase	Day 13	87
3	Repetition Increase	Day 1	81
3	Repetition Increase	Day 3	83
3	Repetition Increase	Day 5	82
3	Repetition Increase	Day 7	82
3	Repetition Increase	Day 9	83
3	Repetition Increase	Day 11	83
3	Repetition Increase	Day 13	82
4	Repetition Increase	Day 1	81
4	Repetition Increase	Day 3	81
4	Repetition Increase	Day 5	81
4	Repetition Increase	Day 7	82
4	Repetition Increase	Day 9	82
4	Repetition Increase	Day 11	83
4	Repetition Increase	Day 13	81
5	Repetition Increase	Day 1	80
5	Repetition Increase	Day 3	81
5	Repetition Increase	Day 5	82
5	Repetition Increase	Day 7	82
5	Repetition Increase	Day 9	82
5	Repetition Increase	Day 11	84
5	Repetition Increase	Day 13	86
6	Repetition Increase	Day 1	76
6	Repetition Increase	Day 3	76
6	Repetition Increase	Day 5	76
6	Repetition Increase	Day 7	76
6	Repetition Increase	Day 9	76

subj	program	TimePoint	Strength
6	Repetition Increase	Day 11	76
6	Repetition Increase	Day 13	75
7	Repetition Increase	Day 1	81
7	Repetition Increase	Day 3	84
7	Repetition Increase	Day 5	83
7	Repetition Increase	Day 7	83
7	Repetition Increase	Day 9	85
7	Repetition Increase	Day 11	85
7	Repetition Increase	Day 13	85
8	Repetition Increase	Day 1	77
8	Repetition Increase	Day 3	78
8	Repetition Increase	Day 5	79
8	Repetition Increase	Day 7	79
8	Repetition Increase	Day 9	81
8	Repetition Increase	Day 11	82
8	Repetition Increase	Day 13	81
9	Repetition Increase	Day 1	84
9	Repetition Increase	Day 3	85
9	Repetition Increase	Day 5	87
9	Repetition Increase	Day 7	89
9	Repetition Increase	Day 9	88
9	Repetition Increase	Day 11	85
9	Repetition Increase	Day 13	86
10	Repetition Increase	Day 1	74
10	Repetition Increase	Day 3	75
10	Repetition Increase	Day 5	78
10	Repetition Increase	Day 7	78
10	Repetition Increase	Day 9	79
10	Repetition Increase	Day 11	78
10	Repetition Increase	Day 13	78
11	Repetition Increase	Day 1	76
11	Repetition Increase	Day 3	77
11	Repetition Increase	Day 5	77
11	Repetition Increase	Day 7	77
11	Repetition Increase	Day 9	77
11	Repetition Increase	Day 11	76

subj	program	TimePoint	Strength
11	Repetition Increase	Day 13	76
12	Repetition Increase	Day 1	84
12	Repetition Increase	Day 3	84
12	Repetition Increase	Day 5	86
12	Repetition Increase	Day 7	85
12	Repetition Increase	Day 9	86
12	Repetition Increase	Day 11	86
12	Repetition Increase	Day 13	86
13	Repetition Increase	Day 1	79
13	Repetition Increase	Day 3	80
13	Repetition Increase	Day 5	79
13	Repetition Increase	Day 7	80
13	Repetition Increase	Day 9	80
13	Repetition Increase	Day 11	82
13	Repetition Increase	Day 13	82
14	Repetition Increase	Day 1	78
14	Repetition Increase	Day 3	78
14	Repetition Increase	Day 5	77
14	Repetition Increase	Day 7	76
14	Repetition Increase	Day 9	75
14	Repetition Increase	Day 11	75
14	Repetition Increase	Day 13	76
15	Repetition Increase	Day 1	78
15	Repetition Increase	Day 3	80
15	Repetition Increase	Day 5	77
15	Repetition Increase	Day 7	77
15	Repetition Increase	Day 9	75
15	Repetition Increase	Day 11	75
15	Repetition Increase	Day 13	75
16	Repetition Increase	Day 1	84
16	Repetition Increase	Day 3	85
16	Repetition Increase	Day 5	85
16	Repetition Increase	Day 7	85
16	Repetition Increase	Day 9	85
16	Repetition Increase	Day 11	83
16	Repetition Increase	Day 13	82

subj	program	TimePoint	Strength
1	Weight Increase	Day 1	84
1	Weight Increase	Day 3	85
1	Weight Increase	Day 5	84
1	Weight Increase	Day 7	83
1	Weight Increase	Day 9	83
1	Weight Increase	Day 11	83
1	Weight Increase	Day 13	84
2	Weight Increase	Day 1	74
2	Weight Increase	Day 3	75
2	Weight Increase	Day 5	75
2	Weight Increase	Day 7	76
2	Weight Increase	Day 9	75
2	Weight Increase	Day 11	76
2	Weight Increase	Day 13	76
3	Weight Increase	Day 1	83
3	Weight Increase	Day 3	84
3	Weight Increase	Day 5	82
3	Weight Increase	Day 7	81
3	Weight Increase	Day 9	83
3	Weight Increase	Day 11	83
3	Weight Increase	Day 13	82
4	Weight Increase	Day 1	86
4	Weight Increase	Day 3	87
4	Weight Increase	Day 5	87
4	Weight Increase	Day 7	87
4	Weight Increase	Day 9	87
4	Weight Increase	Day 11	87
4	Weight Increase	Day 13	86
5	Weight Increase	Day 1	82
5	Weight Increase	Day 3	83
5	Weight Increase	Day 5	84
5	Weight Increase	Day 7	85
5	Weight Increase	Day 9	84
5	Weight Increase	Day 11	85
5	Weight Increase	Day 13	86
6	Weight Increase	Day 1	79



subj	program	TimePoint	Strength
6	Weight Increase	Day 3	80
6	Weight Increase	Day 5	79
6	Weight Increase	Day 7	79
6	Weight Increase	Day 9	80
6	Weight Increase	Day 11	79
6	Weight Increase	Day 13	80
7	Weight Increase	Day 1	79
7	Weight Increase	Day 3	79
7	Weight Increase	Day 5	79
7	Weight Increase	Day 7	81
7	Weight Increase	Day 9	81
7	Weight Increase	Day 11	83
7	Weight Increase	Day 13	83
8	Weight Increase	Day 1	87
8	Weight Increase	Day 3	89
8	Weight Increase	Day 5	91
8	Weight Increase	Day 7	90
8	Weight Increase	Day 9	91
8	Weight Increase	Day 11	92
8	Weight Increase	Day 13	92
9	Weight Increase	Day 1	81
9	Weight Increase	Day 3	81
9	Weight Increase	Day 5	81
9	Weight Increase	Day 7	82
9	Weight Increase	Day 9	82
9	Weight Increase	Day 11	83
9	Weight Increase	Day 13	83
10	Weight Increase	Day 1	82
10	Weight Increase	Day 3	82
10	Weight Increase	Day 5	82
10	Weight Increase	Day 7	84
10	Weight Increase	Day 9	86
10	Weight Increase	Day 11	85
10	Weight Increase	Day 13	87
11	Weight Increase	Day 1	79
11	Weight Increase	Day 3	79

subj	program	TimePoint	Strength
11	Weight Increase	Day 5	80
11	Weight Increase	Day 7	81
11	Weight Increase	Day 9	81
11	Weight Increase	Day 11	81
11	Weight Increase	Day 13	81
12	Weight Increase	Day 1	79
12	Weight Increase	Day 3	80
12	Weight Increase	Day 5	81
12	Weight Increase	Day 7	82
12	Weight Increase	Day 9	83
12	Weight Increase	Day 11	82
12	Weight Increase	Day 13	82
13	Weight Increase	Day 1	83
13	Weight Increase	Day 3	84
13	Weight Increase	Day 5	84
13	Weight Increase	Day 7	84
13	Weight Increase	Day 9	84
13	Weight Increase	Day 11	83
13	Weight Increase	Day 13	83
14	Weight Increase	Day 1	81
14	Weight Increase	Day 3	81
14	Weight Increase	Day 5	82
14	Weight Increase	Day 7	84
14	Weight Increase	Day 9	83
14	Weight Increase	Day 11	82
14	Weight Increase	Day 13	85
15	Weight Increase	Day 1	78
15	Weight Increase	Day 3	78
15	Weight Increase	Day 5	79
15	Weight Increase	Day 7	79
15	Weight Increase	Day 9	78
15	Weight Increase	Day 11	79
15	Weight Increase	Day 13	79
16	Weight Increase	Day 1	83
16	Weight Increase	Day 3	82
16	Weight Increase	Day 5	82

subj	program	TimePoint	Strength
16	Weight Increase	Day 7	84
16	Weight Increase	Day 9	84
16	Weight Increase	Day 11	83
16	Weight Increase	Day 13	84
17	Weight Increase	Day 1	80
17	Weight Increase	Day 3	79
17	Weight Increase	Day 5	79
17	Weight Increase	Day 7	81
17	Weight Increase	Day 9	80
17	Weight Increase	Day 11	80
17	Weight Increase	Day 13	80
18	Weight Increase	Day 1	80
18	Weight Increase	Day 3	82
18	Weight Increase	Day 5	82
18	Weight Increase	Day 7	82
18	Weight Increase	Day 9	81
18	Weight Increase	Day 11	81
18	Weight Increase	Day 13	81
19	Weight Increase	Day 1	85
19	Weight Increase	Day 3	86
19	Weight Increase	Day 5	87
19	Weight Increase	Day 7	86
19	Weight Increase	Day 9	86
19	Weight Increase	Day 11	86
19	Weight Increase	Day 13	86
20	Weight Increase	Day 1	77
20	Weight Increase	Day 3	78
20	Weight Increase	Day 5	80
20	Weight Increase	Day 7	81
20	Weight Increase	Day 9	82
20	Weight Increase	Day 11	82
20	Weight Increase	Day 13	82
21	Weight Increase	Day 1	80
21	Weight Increase	Day 3	81
21	Weight Increase	Day 5	80
21	Weight Increase	Day 7	81

subj	program	TimePoint	Strength
21	Weight Increase	Day 9	81
21	Weight Increase	Day 11	82
21	Weight Increase	Day 13	83

**The MEANS Procedure**

program=CONT TimePoint=1

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
20	79.7500000	2.6729641	76.0000000	79.0000000	85.0000000

program=CONT TimePoint=2

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
20	79.9500000	2.6252819	76.0000000	79.0000000	85.0000000

program=CONT TimePoint=3

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
20	80.0000000	2.7529888	76.0000000	79.5000000	86.0000000

program=CONT TimePoint=4

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
20	80.0500000	2.7429335	75.0000000	79.5000000	85.0000000

program=CONT TimePoint=5

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
20	79.8000000	3.0366186	75.0000000	80.0000000	87.0000000

program=CONT TimePoint=6

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
20	79.6000000	2.9451119	74.0000000	79.0000000	86.0000000

**The MEANS Procedure**

program=CONT TimePoint=7

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
20	79.6000000	3.2509108	74.0000000	80.0000000	87.0000000

program=RI TimePoint=1

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
16	79.6875000	3.1138133	74.0000000	79.5000000	84.0000000

program=RI TimePoint=2

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
16	80.5625000	3.2242570	75.0000000	80.5000000	85.0000000

program=RI TimePoint=3

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
16	80.8125000	3.5817826	76.0000000	80.0000000	87.0000000

program=RI TimePoint=4

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
16	81.0000000	3.7947332	76.0000000	81.0000000	89.0000000

program=RI TimePoint=5

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
16	81.2500000	4.1231056	75.0000000	81.5000000	88.0000000

**The MEANS Procedure**

program=RI TimePoint=6

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
16	81.1250000	4.1291646	75.0000000	82.5000000	87.0000000

program=RI TimePoint=7

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
16	81.1250000	4.1773197	75.0000000	81.5000000	87.0000000

program=WI TimePoint=1

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
21	81.0476190	3.1060617	74.0000000	81.0000000	87.0000000

program=WI TimePoint=2

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
21	81.6666667	3.3516165	75.0000000	81.0000000	89.0000000

program=WI TimePoint=3

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
21	81.9047619	3.4771362	75.0000000	82.0000000	91.0000000

program=WI TimePoint=4

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
21	82.5238095	3.0433378	76.0000000	82.0000000	90.0000000

*The MEANS Procedure*

program=WI TimePoint=5

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
21	82.6190476	3.3388050	75.0000000	83.0000000	91.0000000

program=WI TimePoint=6

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
21	82.7142857	3.2732684	76.0000000	83.0000000	92.0000000

program=WI TimePoint=7

Analysis Variable : Strength					
N	Mean	Std Dev	Minimum	Median	Maximum
21	83.0952381	3.3452169	76.0000000	83.0000000	92.0000000



id	STscore	MAscore
1	76%	89%
7	65%	43%
3	98%	76%
9	74%	54%

id	STscore	HSscore
7	65%	81%
2	88%	87%
9	74%	67%
4	89%	65%

id	MAscore	HSscore
10	100%	100%
7	43%	81%
9	54%	67%
8	99%	93%