

## Supplementary data

**Table S1.** Maximum carrying load capacity evaluated before exercise, after 45 days, and at the end of the experimental period

	Sham	MI	R-MI
<b>Initial (g)</b>	416 ± 90	281 ± 70*	342 ± 86
<b>45 days (g)</b>	-	-	470 ± 148
<b>Final (g)</b>	306 ± 144	349 ± 143	617 ± 169*#

MI: myocardial infarction; R-MI: resistance exercised MI. ANOVA and Bonferroni; \* p<0.05 vs Sham; # p<0.05 vs MI.

**Table S2.** Echocardiographic data before the exercise protocol

	Sham	MI	R-MI
<b>LVSD (mm)</b>	4.10 (3.81-4.30)	8.16 (7.99-8.62) *	7.89 (7.23-8.55) *
<b>LVDD (mm)</b>	7.97 (7.70-8.58)	10.4 (10.0-10.9) *	9.79 (9.63-10.4) *
<b>Left atrium diameter (mm)</b>	5.29 (5.11-5.66)	7.66 (6.70-8.27) *	6.75 (6.27-7.41) *
<b>FAC (%)</b>	65.7 ± 5.52	40.9 ± 10.3 *	37.2 ± 9.13 *
<b>PWSV (mm/s)</b>	40.5 ± 5.58	24.5 ± 7.67 *	28.6 ± 8.37 *
<b>EF</b>	0.86 (0.84-0.89)	0.51 (0.43-0.57) *	0.50 (0.42-0.58) *

MI: myocardial infarction; R-MI: resistance exercised MI; LVSD and LVDD: left ventricle (LV) systolic and diastolic diameters, respectively; FAC: fractional area change; PWSV: LV posterior wall shortening velocity; EF: ejection fraction. ANOVA and Bonferroni or Kruskal-Wallis e Dunn; \* p<0.05 vs Sham.