

**Supplementary Table S1. Blood counts at baseline and after 3 months of resistance or flexibility training.**

		IST percentile			SET percentile			CON percentile		
		median	25th	75th	median	25th	75th	median	25th	75th
<b>White blood cells (10e3/uL)</b>	<b>Baseline</b>	5.90	5.33	8.12	6.51	5.33	6.79	6.28	5.50	6.57
	<b>3 months</b>	5.60	4.85	6.99	6.60	5.27	6.95	6.59	5.42	8.50
	<b>p-value</b>	0.46			0.89			0.46		
<b>Neutrophils (%)</b>	<b>Baseline</b>	62.80	50.76	69.18	60.42	57.42	65.59	61.00	43.44	63.68
	<b>3 months</b>	55.32	48.36	67.78	60.78	48.66	66.73	54.06	40.16	66.15
	<b>p-value</b>	0.71			0.50			0.47		
<b>Monocytes (%)</b>	<b>Baseline</b>	8.39	7.92	10.08	5.45	4.71	6.88	7.82	5.58	8.00
	<b>3 months</b>	7.72	6.98	10.08	7.13	5.9	8.43	8.97	6.62	9.79
	<b>p-value</b>	0.72			0.22			0.07		
<b>Eosinophils (%)</b>	<b>Baseline</b>	1.43	0.6	1.99	2.77	0.79	4.01	4	1.81	5.38
	<b>3 months</b>	1.3	1.14	2.39	2.42	1.11	5.3	3.3	1.85	5.17
	<b>p-value</b>	0.58			0.69			0.46		
<b>Basophils (%)</b>	<b>Baseline</b>	0.37	0.27	0.5	0.58	0.39	0.8	0.79	0.56	1.41
	<b>3 months</b>	0.74	0.23	0.98	0.35	0.15	0.89	0.52	0.4	1.4
	<b>p-value</b>	0.14			0.5			0.27		
<b>Lymphocytes (%)</b>	<b>Baseline</b>	26.05	21.65	38.03	29.4	26.9	33.2	28.7	24.2	43.63
	<b>3 months</b>	33.55	22.35	41.08	29.8	25.1	37.5	34.2	21.68	45.75
	<b>p-value</b>	0.46			0.69			0.72		
<b>CD3 cells (10e3/uL)</b>	<b>Baseline</b>	1.06	0.88	1.21	1.02	0.79	1.53	0.93	0.76	1.47
	<b>3 months</b>	1.15	0.84	1.61	1.29	0.83	1.61	1.18	0.81	1.73
	<b>p-value</b>	0.13			0.50			1.00		
<b>CD8+ T-cells (10e3/uL)</b>	<b>Baseline</b>	0.44	0.32	0.60	0.29	0.26	0.43	0.29	0.15	0.45
	<b>3 months</b>	0.52	0.34	0.68	0.34	0.22	0.58	0.42	0.21	0.48
	<b>p-value</b>	0.72			0.50			0.50		
<b>CD8+CD28+CD57- (naïve, %)</b>	<b>Baseline</b>	38.10	18.95	63.48	29.80	28.05	50.80	70.10	46.90	78.10
	<b>3 months</b>	36.60	21.55	62.38	42.00	29.75	48.05	70.90	46.35	77.60
	<b>p-value</b>	0.72			0.50			0.50		
<b>CD8+CD28-CD57- (memory, %)</b>	<b>Baseline</b>	45.70	32.23	70.05	40.30	34.55	61.40	20.00	16.35	33.65
	<b>3 months</b>	54.55	28.15	75.18	52.20	35.95	56.80	21.50	19.65	35.80
	<b>p-value</b>	0.72			0.89			0.14		
<b>CD8+CD57+ (%)</b>	<b>Baseline</b>	5.05	4.30	22.23	16.10	5.35	26.80	5.20	3.05	24.45
	<b>3 months</b>	8.00	3.30	10.38	9.40	3.80	23.85	2.60	1.10	22.05
	<b>p-value</b>	1.00			0.50			0.23		
<b>CD8+CD28-CD57+ (SPC, %)</b>	<b>Baseline</b>	4.95	4.13	21.90	15.90	5.25	26.15	5.10	2.00	20.40
	<b>3 months</b>	7.70	3.28	10.10	9.20	3.60	23.75	1.70	1.10	18.90
	<b>p-value</b>	1.00			0.50			0.22		
<b>CD8+CD28+CD57+ (SPC, %)</b>	<b>Baseline</b>	0.15	0.10	0.35	0.20	0.10	0.65	1.10	0.55	4.05
	<b>3 months</b>	0.15	0.03	0.43	0.20	0.10	0.20	0.90	0.00	3.15
	<b>p-value</b>	1.00			0.46			0.13		

		<i>IST</i> percentile			<i>SET</i> percentile			<i>CON</i> percentile		
		<i>median</i>	<i>25th</i>	<i>75th</i>	<i>median</i>	<i>25th</i>	<i>75th</i>	<i>median</i>	<i>25th</i>	<i>75th</i>
<b>CD8- T-cells (10e3/uL)</b>	<b>Baseline</b>	0.61	0.55	0.62	0.77	0.45	1.16	0.76	0.51	1.06
	<b>3 months</b>	0.63	0.50	0.93	0.85	0.57	1.12	0.88	0.48	1.25
	<b>p-value</b>	0.47			0.50			1.00		
<b>CD8-CD28+CD57- (naïve, %)</b>	<b>Baseline</b>	93.85	86.73	96.63	94.40	89.60	96.50	99.20	91.90	99.70
	<b>3 months</b>	93.85	87.63	97.15	94.80	92.45	96.85	99.30	91.55	99.65
	<b>p-value</b>	0.29			0.69			0.85		
<b>CD8-CD28-CD57- (memory, %)</b>	<b>Baseline</b>	4.40	2.63	9.85	4.50	2.15	6.20	0.70	0.20	2.30
	<b>3 months</b>	4.80	1.88	10.65	4.50	1.95	6.30	0.50	0.20	3.00
	<b>p-value</b>	1.00			0.89			0.29		
<b>CD8-CD57+ (SPC, %)</b>	<b>Baseline</b>	2.05	0.45	3.43	1.90	0.65	4.40	0.20	0.05	5.70
	<b>3 months</b>	1.45	0.68	1.85	0.90	0.55	1.70	0.20	0.05	5.45
	<b>p-value</b>	0.47			0.18			0.66		
<b>CD8-CD28-CD57+ (SPC, %)</b>	<b>Baseline</b>	2.00	0.38	3.33	0.80	0.60	4.35	0.10	0.00	4.30
	<b>3 months</b>	1.35	0.58	1.75	0.90	0.30	1.45	0.10	0.00	4.05
	<b>p-value</b>	0.47			0.23			0.66		
<b>CD8-CD28+CD57+ (SPC, %)</b>	<b>Baseline</b>	0.10	0.03	0.10	0.10	0.00	0.60	0.10	0.05	1.40
	<b>3 months</b>	0.10	0.10	0.10	0.10	0.05	0.40	0.10	0.05	1.40
	<b>p-value</b>	0.32			0.66			1.00		

IST = intensive strength training; SET = strength-endurance training, CON = control, SPC = senescence-prone cells; the values denote median (interquartile range); phenotype frequencies were expressed as percentages within the CD3+CD8+ or CD3+CD8- T-cells. P-values based on Wilcoxon Signed Rank test