

Table S1. A detailed plan of aerobic-resistance training in aerobic-resistance group (EG2).

| | Trainings 1-3 | Trainings 4-6 | Trainings 6< |
|--|---|---|---|
| Intensity of aerobic training [% HR max] | 50 | 70 | 70 |
| Duration of aerobic training [min] | 20 | 15 | 10 |
| Intensity of resistance training [% 1 RM] | 50 | 70 | 70 |
| Duration of resistance training [min] | 30 | 35 | 40 |
| Volume of resistance training [exercises x series x repetitions] | 3 x 4 x 15 | 6 x 3 x 12 | 9 x 3 x 12 |
| Breaks between series [min] | 2 | 1.5 | 1 |
| Type of training | Whole body training | Training of antagonistic parts | Training of antagonistic parts |
| Specialised exercises | <ol style="list-style-type: none"> 1. Supported push-ups (Smith machine) 2. One arm dumbbell row 3. Squads 4. Front support | <ol style="list-style-type: none"> 5. Barbell bench press 6. Standing dumbbell press 7. Bent dumbbell row 8. Reverse grip lat pulldown 9. Hip thrust lying | <ol style="list-style-type: none"> 10. Cable triceps extension 11. Standing dumbbell curl 12. Deadlift |

1RM – one repetition maximum, HR max – maximal heart rate.