

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	1. Supported push-ups (Smith machine) 2. One arm dumbbell row 3. Squads 4. Front support	5. Barbell bench press 6. Standing dumbbell press 7. Bent dumbbell row 8. Reverse grip lat pulldown 9. Hip thrust lying	10. Cable triceps extension 11. Standing dumbbell curl 12. Deadlift

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