

Additional file 1: Inclusion and exclusion criteria

Subject's Code:

Subject's Date of Birth:

Subject's Name:

Inclusion criteria

- 1A. Newly diagnosed with ADAM syndrome Yes No
- 1B. Patient with ADAM syndrome on testosterone replacement therapy Yes No
2. 40 - 60 years of age Yes No
3. Capable of reading and writing Slovak Yes No
4. Treating urologist\endocrinologist has approved the subjects' participation Yes No
4. Lives within approximately 1 hour from Bratislava by car or public transportation Yes No
6. Written informed consent received Yes No

Exclusion criteria

1. Routine resistance training with manuals Yes No
2. Medication for osteoporosis Yes No
3. Conditions that contraindicate exercise without adjusted actions Yes No
4. Mentally incompetent conditions Yes No
5. Conditions complicating ability to participate in a supervised training program Yes No
6. Abnormal DRV (digital rectal examination) Yes No
7. Serious system deases as
- a) cardiovascular deases Yes No
- b) liver and kidneys deases, Yes No
- c) diabetes mellius, Yes No
- d) oncological deases Yes No
- e) or other serious dease according to the judgment of the responsible physician. Yes No

Clinician's Signature: _____

Date: