

**Supplemental Table 1.** Resistance training program<sup>1</sup>

<b>Upper Body A<sub>2</sub></b>			<b>Lower Body A</b>		
Exercise	W0 – W4	W4 – W8	Exercise	W0 – W4	W4 – W8
Bentover DB rows	4 x 8 – 12, 120 s	5 x 6 – 8, 180 s	BB deadlift	4 x 8 – 12, 120 s	5 x 6 – 8, 180 s
DB bench press	4 x 8 – 12, 120 s		Hip sled	4 x 8 – 12, 120 s	5 x 6 – 8, 180 s
BB shoulder press	4 x 8 – 12, 120 s		Lunges with DB	4 x 8 – 12, 120 s	
DB flies	4 x 8 – 12, 90 s		Leg curls	4 x 8 – 12, 90 s	
Preacher curls	4 x 8 – 12, 90 s		Leg extensions	4 x 8 – 12, 90 s	
Triceps extension	4 x 8 – 12, 90 s				

  

<b>Upper Body B</b>			<b>Lower Body B</b>		
Exercise	W0 – W4	W4 – W8	Exercise	W0 – W4	W4 – W8
BB bench press	4 x 8 – 12, 120 s	5 x 6 – 8, 180 s	BB back squat	4 x 8 – 12, 120 s	5 x 6 – 8, 180 s
Bentover DB rows	4 x 8 – 12, 120 s		Stiff-leg deadlift	4 x 8 – 12, 120 s	5 x 6 – 8, 180 s
DB shoulder press	4 x 8 – 12, 120 s		Lunges with DB	4 x 8 – 12, 120 s	
DB curls	4 x 8 – 12, 90 s		Leg curls	4 x 8 – 12, 90 s	
Skullcrushers	4 x 8 – 12, 90 s		Leg extensions	4 x 8 – 12, 90 s	
Inverted rows (BW)	4 x 8 – 12, 90 s				

<sup>1</sup>Exercise prescription shown as: sets x repetition range, rest interval. <sup>2</sup>Participants completed sessions in the following order: Upper Body A, Lower Body A, Upper Body B, Lower Body B. These four sessions were alternated in this order throughout the intervention, with adjustment of load as often as necessary to ensure momentary muscular exhaustion in the specified repetition range. BB: barbell; BW: bodyweight; DB: dumbbell; s: seconds; W0: week 0; W4: week 4; W8: week 8.