Figure 1. Estimated marginal means and 95% Confidence Intervals of chang

composition (A and B) anthropometric and muscle thickness variables (C

performance variables (D and F).

Note: Analysis of Covariance (ANCOVA) models were used to compare differe

change between groups, using the pre assessment values as covariates.

*p<0.05; **p< 0.01 from the baseline values.

Notes: HV-LF: high volume low frequency group; LV-HF: low volume, hig

group.