

530 **Table 3.** Mean±SD of pre, post and changes in the analysed variables for the two intervention groups

| Variable | LV-HF (n=9) | | | HV-LF (n=9) | | | Group comparisons | |
|--|--------------|--------------|-----------------|--------------|--------------|--------------------------|-------------------|------|
| | Pre | Post | Changes | Pre | Post | Changes | p-value | ES |
| Body mass (kg) | 76.6 ± 14.72 | 77.2 ± 16.26 | 0.61 ± 2.57 | 79.4 ± 14.22 | 79.3 ± 13.3 | -0.06 ± 2.18 | 0.054 | 1.08 |
| Fat Mass (%) | 18.1 ± 7.08 | 17.06 ± 7.6 | -1.04 ± 1.29 | 21.84 ± 6.83 | 20.18 ± 6.85 | -1.67 ± 1.5** | 0.679 | 0.22 |
| Fat mass (kg) | 14.47 ± 8.88 | 13.9 ± 9.54 | -0.58 ± 1.12 | 17.93 ± 8.63 | 16.52 ± 8.2 | -2.41 ± 1.10 | 0.362 | 0.45 |
| Fat-free mass (%) | 81.9 ± 7.06 | 82.94 ± 7.6 | 1.04 ± 1.29 | 78.15 ± 6.83 | 79.83 ± 6.85 | 1.68 ± 1.5** | 0.396 | 0.45 |
| Fat-free mass (kg) | 62.16 ± 8.74 | 63.35 ± 9.77 | 1.19 ± 1.94* | 61.45 ± 7.84 | 62.8 ± 7.74 | 1.36 ± 1.06* | 0.205 | 0.59 |
| Arm circumference (cm) | 31.4 ± 5.54 | 32.1 ± 5.75 | 0.73 ± 1.24 | 31.8 ± 3.05 | 33.0 ± 3.15 | 1.08 ± 1.47* | 0.586 | 0.30 |
| Thigh circumference (cm) | 44.9 ± 4.78 | 45.6 ± 6.16 | 0.70 ± 2.09 | 46.5 ± 4.02 | 47.4 ± 4.12 | 0.87 ± 2.1 | 0.168 | 0.76 |
| Vastus medialis Thickness (mm) | 41.1 ± 13 | 42.9 ± 13.65 | 1.8 ± 2.43* | 35.9 ± 12.48 | 38.1 ± 13.37 | 2.18 ± 1.88** | 0.798 | 0.07 |
| Elbow flexors Thickness (mm) | 40.5 ± 9.59 | 41.9 ± 10.58 | 1.4 ± 2.35 | 38.8 ± 7.41 | 41.0 ± 9.62 | 2.21 ± 2.81** | 0.259 | 0.53 |
| Ant. deltoids thickness (mm) | 25.6 ± 7.48 | 26.7 ± 7.7 | 1.1 ± 1.66 | 20.9 ± 5.64 | 22.0 ± 5.99 | 1.08 ± 1.16 [†] | 0.803 | 0.14 |
| 1RM Bench press (kg) | 77 ± 27 | 88 ± 30 | 11.67 ± 4.33** | 70 ± 17 | 81 ± 15 | 10.83 ± 3.95** | 0.067 | 0.89 |
| 1RM Bench press (kg·body mass ⁻¹) | 0.98 ± 0.23 | 1.13 ± 0.22 | 0.14 ± 0.01** | 0.90 ± 0.23 | 1.04 ± 0.22 | 0.14 ± 0.01** | 0.726 | 0.18 |
| 1RM Squat (kg) | 103 ± 27 | 115 ± 34 | 11.94 ± 7.68** | 90 ± 9 | 103 ± 13 | 13.83 ± 6.35** | 0.880 | 0.06 |
| 1RM Squat (kg·body mass ⁻¹) | 1.35 ± 0.28 | 1.49 ± 0.32 | 0.14 ± 0.06 ** | 1.14 ± 0.11 | 1.31 ± 0.13 | 0.17 ± 0.01** | 0.396 | 0.43 |
| Bench press power (watts) at 50% 1RM | 305 ± 101 | 324 ± 104 | 18.72 ± 14.53** | 249 ± 46 | 271 ± 53 | 21.72 ± 16.07** | 0.661 | 0.23 |
| Bench press power (watts·body mass ⁻¹) | 3.93 ± 0.93 | 4.15 ± 0.9 | 0.22 ± 0.25* | 3.18 ± 0.58 | 3.46 ± 0.63 | 0.27 ± 0.22** | 0.675 | 0.22 |

531 Notes: **p < 0.01, *p < 0.05 between groups; p-values of the differences in change were adjusted for the pre value using ANCOVA; ES is the standardized effect size

532 presented as Cohen's d. HV-LF: high volume low frequency group; LV-HF: low volume, high frequency group; elbow flexors comprises biceps brachii and brachialis

533 muscles.

534