

Supplementary Table S2: Serum concentrations before, during and after 12 weeks resistance exercise training

	OLDER 65-75 (n=17)			OLDER 85+ (n=12)			STATISTICS (P-value)		
	Before	Week 6	After	Before	Week 6	After	Time	Time × Group	Group
Cholesterol (mg/dL)	208.6 ± 46.0	208.5 ± 50.9	210.1 ± 38.9	165.6 ± 26.6	164.3 ± 29.2	158.1 ± 24.3	0.877	0.726	0.001
HDL (mg/dL)	68.1 ± 18.7	68.3 ± 18.2	69.6 ± 14.9	56.5 ± 10.2	57.4 ± 12.0	54.5 ± 9.3	0.944	0.645	0.017
LDL (mg/dL)	142.4 ± 55.7	138.9 ± 52.7	142.6 ± 46.4	102.0 ± 22.2	106.0 ± 29.9	101.8 ± 25.5	0.999	0.756	0.016
TG (mg/dL)	150.4 ± 55.4	148.9 ± 67.4	154.5 ± 61.0	116.9 ± 70.2	117.2 ± 68.7	132.1 ± 71.4	0.433	0.806	0.198
Glucose (mg/dL)	100.5 ± 17.9	104.0 ± 18.7	104.1 ± 20.2	101.9 ± 42.7	97.7 ± 38.4	95.9 ± 29.1	0.749	0.090	0.673
Insulin (μIU/mL)	18.2 ± 6.3	18.5 ± 5.9	20.3 ± 6.2	12.3 ± 5.3	11.8 ± 5.0	12.1 ± 4.3	0.408	0.381	0.001
HOMA	4.6 ± 2.0	4.9 ± 2.1	5.3 ± 2.0	3.2 ± 2.2	2.9 ± 1.6	2.9 ± 1.4	0.686	0.159	0.008

Data are means±SD. OLDER 65-75: females and males aged 65-75 y; OLDER 85+: females and males aged ≥85 y; HDL: High-density Lipoprotein; LDL: Low-density Lipoprotein; TG: Triglycerides; HOMA: Homeostasis Model Assessment. Data were analyzed using repeated measures ANOVA (time × group). Bold values indicate $p < .05$.