

Supplementary Table S3: Serum concentrations of inflammatory markers 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
Ultrasensitive CRP (mg/L) #	1.0 ± 0.7	1.4 ± 1.0	1.5 ± 2.2	0.9 ± 1.1	1.0 ± 0.7	1.3 ± 1.9	0.273	0.782	0.640
IL-4 (pg/mL)	4.4 ± 1.7	5.2 ± 2.4	4.8 ± 2.3	8.1 ± 2.5	7.7 ± 2.4	8.6 ± 3.2	0.435	0.146	0.000
IL-6 (pg/mL)	5.2 ± 0.9	5.2 ± 1.1	5.0 ± 0.5	6.8 ± 1.8	6.8 ± 1.9	7.9 ± 4.1	0.490	0.330	0.000
IL-10 (pg/mL)	9.2 ± 4.6	8.2 ± 5.5	7.8 ± 4.3	9.8 ± 4.6	8.6 ± 4.7	8.5 ± 3.5	0.012	0.963	0.732
IL-13 (pg/mL)	25.1 ± 1.8	24.3 ± 1.9	24.8 ± 2.1	26.6 ± 3.5	26.8 ± 4.0	28.3 ± 6.5	0.136	0.177	0.042
TNF-alpha (pg/mL)	8.1 ± 2.5	7.5 ± 2.3	9.3 ± 4.4	10.7 ± 3.1	11.6 ± 5.9	13.0 ± 6.0	0.061	0.609	0.011

Data are means ± SD. OLDER 65-75: females and males aged 65-75 y; OLDER 85+: females and males aged ≥85 y; CRP: C-reactive protein; IL: Interleukin; # Determined with 10 participants in the OLDER 85+ Group. Two participants from OLDER 85+ Group were not considered for the final analysis because they were regarded as outliers (Participant 1/Before: first determination=52.9 mg/L; second determination=51.9 mg/L), and Participant 2/Week 6: first determination=70.8 mg/L; second determination=70.2 mg/L). In addition, the sensitivity of the instrument determines a minimum value <0.34, therefore the value 0.34 was considered in the participants who obtained a result of <0.34 (OLDER 65-75 Group: Before/3 participants; Week 6/3 participants; After/3 participants and in the OLDER 85+ Group: Before/4 participants; Week 6/2 participants; After/4 participants). IL-15 results are not shown as all values were below the detection limit of 20 pg/mL (Human IL-15 Uncoated ELISA Kit, Catalog Number 88-7620, Invitrogen™). Data were analyzed using repeated measures ANOVA (time × group). Bold values indicate $p < .05$.