

**Inclusion**

Evaluated for eligibility n=120

**Allocation**Stress groups  
(n=60)Training groups  
(n=60)Concentric  
stress – C1  
(n=30)Eccentric  
stress – E1  
(n=30)Concentric  
training –  
C10 (n=30)Eccentric  
training –  
E10 (n=30)**Follow up**

## Lost to follow up:

Refused to participate (n=6); did not undergo blood collection (n=1), insufficient aliquots of TNF- $\alpha$  (n=2) and cortisol (n=3)

## Lost to follow up:

Refused to participate (n=8); did not undergo blood collection (n=1), insufficient aliquots of CK, TNF- $\alpha$  and cortisol (n=1)

## Lost to follow up:

Refused to participate (n=7); insufficient aliquots of CK (n=3), TNF- $\alpha$  (n=2) and cortisol (n=1)

## Lost to follow up:

Refused to participate (n=6); hemolysis (n=1), insufficient aliquots of CK (n=2), TNF- $\alpha$  (n=2) and cortisol (n=1)

**Analysis**

Analyzed in C1  
CK (n=23)  
TNF- $\alpha$  (n=21)  
Cortisol (n=20)

Analyzed in E1  
CK (n=20)  
TNF- $\alpha$  (n=20)  
Cortisol (n=20)

Analyzed in C10  
CK (n=20)  
TNF- $\alpha$  (n=21)  
Cortisol (n=22)

Analyzed in E10  
CK (n=21)  
TNF- $\alpha$  (n=21)  
Cortisol (n=22)

Analyzed in C1  
(other variables)  
(n=24)

Analyzed in E1  
(other variables)  
(n=22)

Analyzed in C10  
(other variables)  
(n=23)

Analyzed in E10  
(other variables)  
(n=24)