

**Additional file 3. Table that illustrates main and interaction the effects of Time and Treatment.**

	<i>df</i> <sub>1</sub>	<i>df</i> <sub>2</sub>	<i>f</i>	<i>P</i>
<b>FFM</b>				
Time	1	13	38.71	< 0.001
Group	1	13	0.12	0.74
Time x Treatment	1	13	1.41	0.26
<b>FM%</b>				
Time	1	13	0.47	0.51
Group	1	13	0.33	0.58
Time x Treatment	1	13	0.37	0.55
<b>FFM Arm</b>				
Time	1	40	28.97	< 0.001
Group	1	12	2.83	0.12
Time x Treatment	1	40	1.69	0.2
<b>FFM Leg</b>				
Time	1	40	62.24	< 0.001
Group	1	12	0.34	0.57
Time x Treatment	1	40	8.05	0.007
<b>Arm CSA<sub>FFM</sub></b>				
Time	1	40	56.84	< 0.001
Group	1	12	1.50	0.24
Time x Treatment	1	40	1.07	0.31
<b>Thigh CSA<sub>FFM</sub></b>				
Time	1	37	14.07	< 0.001
Group	1	11	0.02	0.89
Time x Treatment	1	37	0.08	0.77
<b>Leg press</b>				
Time	1	13	203.25	< 0.001
Group	1	13	0.004	0.95
Time x Treatment	1	13	0.71	0.41
<b>Bench press</b>				
Time	1	13	256.48	< 0.001
Group	1	13	0.20	0.66
Time x Treatment	1	13	0.04	0.85
<b><math>\dot{V}O_{2max}</math> ml·min<sup>-1</sup></b>				
Time	1	13	0.51	0.49
Group	1	13	0.10	0.75
Time x Treatment	1	13	0.002	0.96
<b><math>\dot{V}O_{2max}</math> ml·min<sup>-1</sup>·kg<sup>-1</sup></b>				
Time	1	13	4.60	0.051
Group	1	13	0.10	0.76
Time x Treatment	1	13	0.01	0.91

*df*<sub>1</sub>, numerator degrees of freedom *df*<sub>2</sub>; denominator degrees of freedom.