

1 **Table 3A:** ALA-group individual change of 1RM back squat, absolute and relative

Subjects	1RM back squat ALA		Baseline	relative change
	T0	T2(+7d)	T0	T2(+7d)
P1	110	115	1,00	1,045
P2	145	140	1,00	0,966
P3	105	105	1,00	1,000
P4	135	125	1,00	0,926
P5	155	150	1,00	0,968
P6	200	200	1,00	1,000
P7	170	175	1,00	1,029
P8	110	115	1,00	1,045
P9	130	130	1,00	1,000
P10	140	135	1,00	0,964
P11	95	95	1,00	1,000
P12	110	110	1,00	1,000
P13	105	110	1,00	1,048
P14	105	110	1,00	1,048
P15	105	110	1,00	1,048
P16	130	135	1,00	1,038
P17	140	150	1,00	1,071
Mean	128,82	130,00	1,00	1,012
SD	27,09	26,35	0,00	0,038

3 **Table 3B:** PL-group individual change of 1RM BS, absolute and relative

Subjects	1RM back squat PL		Baseline	relative change
	T0	T2(+7d)	T0	T2(+7d)
P1	115	115	1,00	1,000
P2	135	130	1,00	0,963
P3	100	100	1,00	1,000
P4	130	130	1,00	1,000
P5	150	150	1,00	1,000
P6	210	195	1,00	0,929
P7	185	175	1,00	0,946
P8	100	105	1,00	1,050
P9	130	130	1,00	1,000
P10	140	140	1,00	1,000
P11	90	90	1,00	1,000
P12	105	105	1,00	1,000
P13	115	105	1,00	0,913
P14	105	105	1,00	1,000
P15	110	100	1,00	0,909
P16	120	125	1,00	1,042
P17	140	135	1,00	0,964
Mean	128,24	125,59	1,00	0,983
SD	30,29	27,22	0,00	0,039

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Table 4. All results.

	Group	T0	T1	T2	Time effect (T0/T1)	Time effect (T0/T2)	Time*group effect (T0/T1)	Time*group effect(T0/T2)	effect size T7d
1RM BS (in kg) n=17	ALA	128.8 (SD 27.9)	125.9 (SD 29.3)	130.0 (SD 27.2)	.053	.320	.992	.028#	.164
	PL	128.2 (SD 30.3)	125.3 (SD 28.0)	125.6 (SD 27.2)	.051	.032*	.992	.028#	.164
Myoglobin (in ng/ml) n=16	ALA	35.4 (SD 9.1)	51.0 (SD 32.9)	50.5 (SD 30.3)	.045*	.059	.581	.130	.467
	PL	33.8 (SD 9.4)	53.2 (SD 32.9)	71.1 (SD 52.4)	.002*	.008*	.581	.130	.467
Creatinkinase (in U/L) n=14	ALA	290.6 (SD 232.1)	519.0 (SD 436.5)	464.1 (SD 250.3)	.014*	.426	.119	.136	.212
	PL	217.1 (SD 146.1)	597.0 (SD 422.5)	534.6 (SD 392.6)	.000*	.005*	.119	.136	.212
IL6 (in pg/ml) n=16	ALA	5.1 (SD 4.7)	2.7 (SD 0.6)	7.8 (SD 10.4)	.092	.249	.795	.107	.587
	PL	6.0 (SD 6.1)	2.8 (SD 1.0)	16.8 (SD 18.1)	.050	.005*	.795	.107	.587
IL10 (in pg/ml) n=17	ALA	8.5 (SD 9.3)	3.5 (SD 2.2)	10.2 (SD 14.5)	.136	.554	.479	.959	.428
	PL	7.2 (SD 8.5)	3.4 (SD 1.3)	18.6 (SD 23.0)	.289	.035*	.479	.959	.428
HDL (in mg/dl) n=16	ALA	50.0 (SD 7.6)	---	47.2 (SD 7.1)	---	.077	---	.270	.041
	PL	49.4 (SD7.3)	---	50.3 (SD 7.9)	---	.326	---	.270	.041
LDL (mg/dl) n=17	ALA	104.9 (SD 26.0)	---	100.9 (SD 26.4)	---	.246	---	.730	.063
	PL	107.2 (SD 20.3)	---	102.4 (SD 20.9)	---	.266	---	.730	.063
oxLDL (in U/L) n=16	ALA	65.9 (SD 21.3)	---	54.0 (SD36.5)	---	.339	---	.270	.083
	PL	69.3 (SD 20.2)	---	49.8 (SD 61.4)	---	.074	---	.270	.083

Time effects were marked with *; Time x group effects were marked with #.

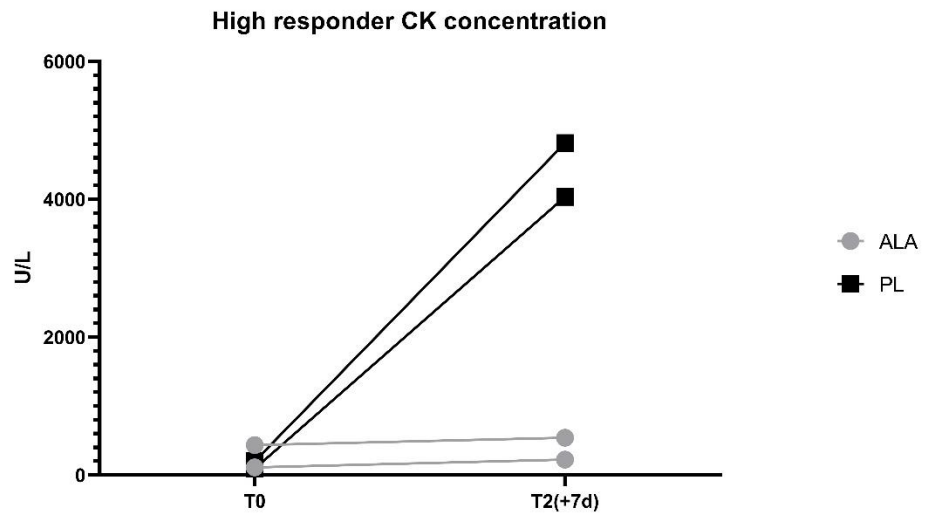


Figure 4 A2 two individual high responder CK concentration