## Supplementary Data Table 2. Body Composition Variables.

| Variable                        | Group | Baseline (Week 0) | Post-Test (Week 8) | p     |
|---------------------------------|-------|-------------------|--------------------|-------|
| **Body Mass (kg)**              |       |                   |                    |       |
| PRE                             | 79.8 ± 21.9 | 79.3 ± 20.9†       | Time               | 0.03  |
| POST                            | 87.3 ± 26.4 | 85.7 ± 24.4†       | Group              | 0.70  |
| PLA                             | 80.7 ± 19.7 | 79.5 ± 16.4†       | G x T              | 0.70  |
| **Body Mass Index (kg/m²)**     |       |                   |                    |       |
| PRE                             | 26.7 ± 5.3  | 26.5 ± 5.1†        | Time               | 0.03  |
| POST                            | 27.2 ± 5.6  | 26.8 ± 4.9†        | Group              | 0.75  |
| PLA                             | 25.7 ± 3.7  | 25.3 ± 3.1†        | G x T              | 0.67  |
| **Total Body Water (L)**        |       |                   |                    |       |
| PRE                             | 43.7 ± 13.9 | 45.4 ± 13.6†       | Time               | 0.02  |
| POST                            | 48.2 ± 13.9 | 51.6 ± 13.6†       | Group              | 0.61  |
| PLA                             | 45.9 ± 11.7 | 46.9 ± 11.2†       | G x T              | 0.67  |
| **Intracellular water (L)**     |       |                   |                    |       |
| PRE                             | 25.9 ± 8.6  | 27.5 ± 8.7†        | Time               | 0.006 |
| POST                            | 28.5 ± 8.3  | 31.4 ± 8.1†        | Group              | 0.59  |
| PLA                             | 26.9 ± 7.2  | 28.0 ± 7.1†        | G x T              | 0.49  |
| **Extracellular water (L)**     |       |                   |                    |       |
| PRE                             | 18.1 ± 5.6  | 17.8 ± 5.0         | Time               | 0.77  |
| POST                            | 19.7 ± 5.8  | 20.2 ± 5.6         | Group              | 0.65  |
| PLA                             | 18.9 ± 4.6  | 18.9 ± 4.4         | G x T              | 0.46  |
| **3CFIELD Fat Mass (kg)**       |       |                   |                    |       |
| PRE                             | 22.2 ± 4.9  | 20.3 ± 6.3†        | Time               | <0.001|
| POST                            | 22.2 ± 11.6 | 17.7 ± 10.3†       | Group              | 0.57  |
| PLA                             | 18.8 ± 7.9  | 16.6 ± 6.1†        | G x T              | 0.33  |
| **3CFIELD Fat-Free Mass (kg)**  |       |                   |                    |       |
| PRE                             | 58.8 ± 18.9 | 59.9 ± 18.3†       | Time               | 0.04  |
| POST                            | 65.1 ± 17.8 | 68.1 ± 17.7†       | Group              | 0.60  |
| PLA                             | 61.1 ± 16.1 | 62.9 ± 15.3†       | G x T              | 0.11  |
| **3CFIELD Body Fat (%)**        |       |                   |                    |       |
| PRE                             | 28.1 ± 4.3  | 25.7 ± 6.3†        | Time               | <0.001|
| POST                            | 24.8 ± 7.3  | 20.0 ± 7.6†        | Group              | 0.18  |
| PLA                             | 23.6 ± 7.4  | 21.2 ± 6.9†        | G x T              | 0.38  |

† = Different (p<0.05) than respective baseline value using paired samples t-test. G x T = Interaction effect between Time and Group main effects. p = probability level of making Type I error.