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

|                      | df₁ | df₂ | f     | P   |
|----------------------|-----|-----|-------|-----|
| FFM                  |     |     |       |     |
| Time                 | 1   | 13  | 38.71 | < 0.001 |
| Group                | 1   | 13  | 0.12  | 0.74 |
| Time x Treatment     | 1   | 13  | 1.41  | 0.26 |
| FM%                  |     |     |       |     |
| Time                 | 1   | 13  | 0.47  | 0.51 |
| Group                | 1   | 13  | 0.33  | 0.58 |
| Time x Treatment     | 1   | 13  | 0.37  | 0.55 |
| FFM Arm              |     |     |       |     |
| Time                 | 1   | 40  | 28.97 | < 0.001 |
| Group                | 1   | 12  | 2.83  | 0.12 |
| Time x Treatment     | 1   | 40  | 1.69  | 0.2  |
| FFM Leg              |     |     |       |     |
| Time                 | 1   | 40  | 62.24 | < 0.001 |
| Group                | 1   | 12  | 0.34  | 0.57 |
| Time x Treatment     | 1   | 40  | 8.05  | 0.007 |
| Arm CSA<sub>FFM</sub> |    |     |       |     |
| Time                 | 1   | 40  | 56.84 | < 0.001 |
| Group                | 1   | 12  | 1.50  | 0.24 |
| Time x Treatment     | 1   | 40  | 1.07  | 0.31 |
| Thigh CSA<sub>FFM</sub> |  |     |       |     |
| Time                 | 1   | 37  | 14.07 | < 0.001 |
| Group                | 1   | 11  | 0.02  | 0.89 |
| Time x Treatment     | 1   | 37  | 0.08  | 0.77 |
| Leg press            |     |     |       |     |
| Time                 | 1   | 13  | 203.25 | < 0.001 |
| Group                | 1   | 13  | 0.004 | 0.95 |
| Time x Treatment     | 1   | 13  | 0.71  | 0.41 |
| Bench press          |     |     |       |     |
| Time                 | 1   | 13  | 256.48 | < 0.001 |
| Group                | 1   | 13  | 0.20  | 0.66 |
| Time x Treatment     | 1   | 13  | 0.04  | 0.85 |
| VO₂<sub>max</sub> ml·min⁻¹ |   |     |       |     |
| Time                 | 1   | 13  | 0.51  | 0.49 |
| Group                | 1   | 13  | 0.10  | 0.75 |
| Time x Treatment     | 1   | 13  | 0.002 | 0.96 |
| VO₂<sub>max</sub> ml·min⁻¹·kg⁻¹ | |     |       |     |
| Time                 | 1   | 13  | 4.60  | 0.051 |
| Group                | 1   | 13  | 0.10  | 0.76 |
| Time x Treatment     | 1   | 13  | 0.01  | 0.91 |

df₁, numerator degrees of freedom df₂; denominator degrees of freedom.