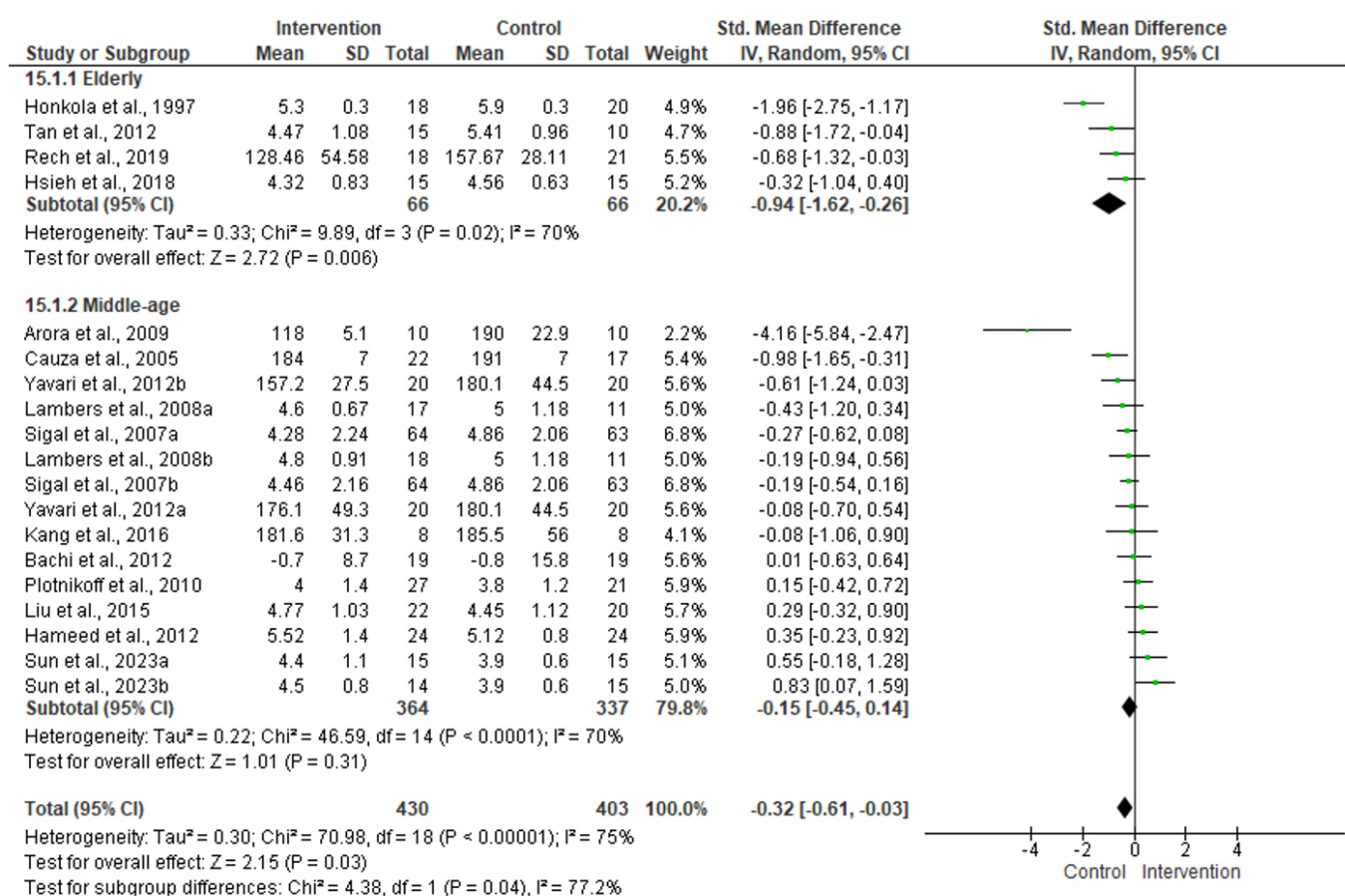


**Figure S3.** Effect of resistance training on cholesterol.

SD, standard deviation; IV, inverse variance; CI, confidence interval; df, degrees of freedom.