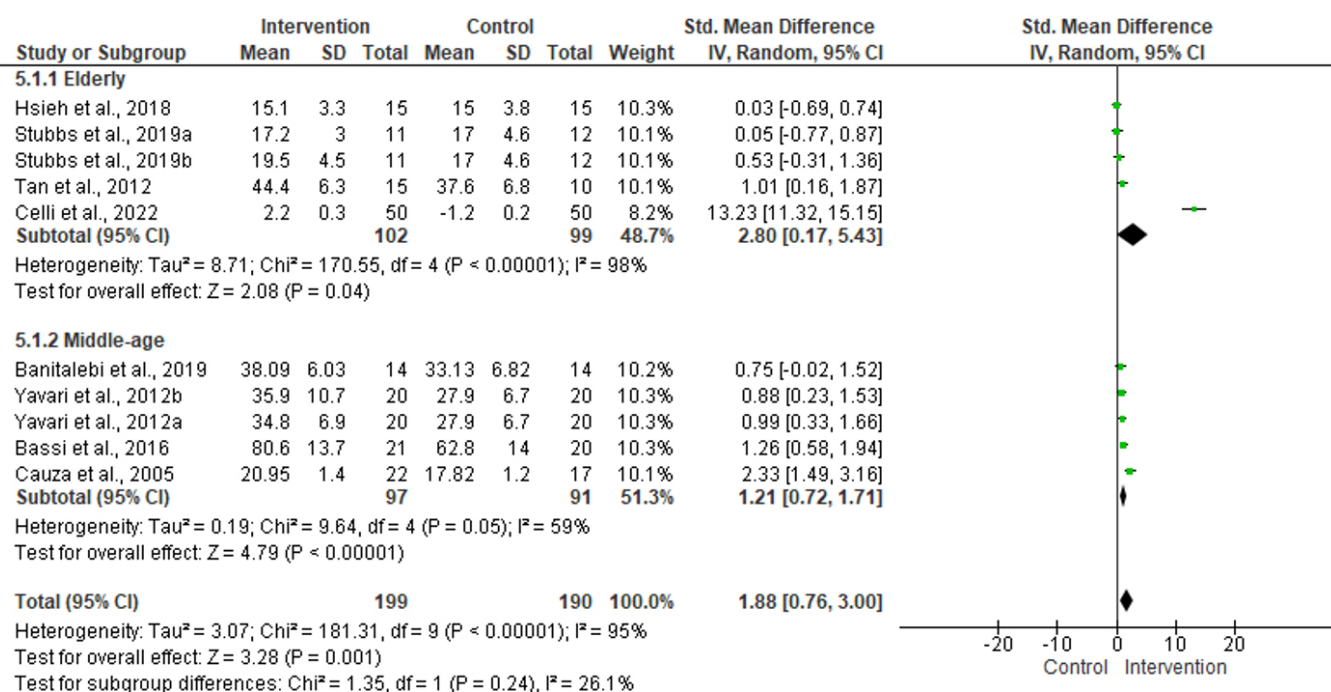


**Figure S7.** Effect of resistance training on VO_2 peak.

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