

Supplementary Table 1. Resistance exercise
(the training schedule is organized as follows)

Time	Parts	Training content description
Monday	Leg Training	Bare Squats: 3 sets of 8-15 repetitions; Single Leg Squats: 3 sets of 10-15 repetitions; Lunge Jumps: 3 sets of 10-15 repetitions.
Tuesday	Chest Training	Wide-grip Push-ups: 3 sets of 8-12 repetitions; Incline Push-ups: 3 sets of 8-12 repetitions; Decline Push-ups: 3 sets of 8-12 repetitions.
Thursday	Back Training	Prone Y-shaped Pull-ups: 3 sets of 10-15 repetitions; Dorsiflexion and Extension: 3 sets of 5-10 repetitions; Additional Back Exercise: 3 sets of 10-15 repetitions.
Friday	Shoulder Training	Wall Alone Shoulder Press: 3 sets of 5-10 repetitions; Narrow Grip Waist Push-ups: 3 sets of 5-10 repetitions; Shoulder Circles: 3 sets of 8-12 repetitions.
Saturday	Abdominal Training	Side Leg Raises (lying on your side with knees bent): 3 sets of 10-15 repetitions; Leg Raises (lying on your back): 3 sets of 8-12 repetitions; Additional Abdominal Exercise: 3 sets of 10-15 repetitions.

Note: according to Linellas (2015), as translated by Wang Ruifang, muscle strength training should be tailored to the individual, with an intensity ranging from 65% of one-repetition maximum (1RM).

Supplementary Table. 2 Basic parameters of body morphology

Mean ±SD	NE-pre	RE-pre	AE-pre	NE-post	RE-post	AE-post
Heigh (cm)	166.30±5.06	165.1±6.00	165.40±5.25	166.30±5.06	165.1±6.00	165.40±5.25
Weigh (kg)	58.52±7.03	55.54±7.26	57.33±5.81	59.5±6.64	59.5±6.64	57.47±5.69
Age (year)	39.04±6.48	37.89±5.96	37.27±6.01	39.04±6.48	37.89±5.96	37.27±6.01

Note: Pre VS. Post P > 0.05