

Supplementary Table

Table S1. Clinical chemistry and hematology safety outcomes

	BFR	MIRT	Mean Difference
Urea Nitrogen (BUN), mg/dL	-2.02 (-3.92, -0.12)	0.21 (-1.79, 2.21)	-2.23 (-5.02, 0.55)
Sodium, mmol/L	-0.06 (-1.30, 1.17)	-1.99 (-3.29, -0.69)	1.93 (0.10, 3.75)
Creatinine, mg/dL	-0.02 (-0.08, 0.04)	0.05 (-0.01, 0.12)	-0.08 (-0.16, 0.01)
Potassium, mmol/L	-0.18 (-0.37, 0.02)	0.04 (-0.17, 0.25)	-0.21 (-0.50, 0.08)
Chloride, mmol/L	-0.33 (-1.48, 0.82)	-1.24 (-2.43, -0.06)	0.91 (-0.78, 2.60)
Carbon Dioxide, mmol/L	0.06 (-1.68, 1.80)	-0.08 (-1.93, 1.77)	0.14 (-2.43, 2.71)
Calcium, mg/dL	-0.09 (-0.25, 0.06)	-0.07 (-0.23, 0.09)	-0.02 (-0.26, 0.21)
Total Protein, g/dL	-0.14 (-0.34, 0.06)	-0.08 (-0.30, 0.13)	-0.06 (-0.36, 0.25)
Albumin, g/ml	0.04 (-0.09, 0.17)	0.00 (-0.13, 0.14)	0.04 (-0.15, 0.23)
Globulin, g/dL	-0.15 (-0.28, -0.02)	-0.13 (-0.27, 0.01)	-0.02 (-0.22, 0.18)
Total Bilirubin, mg/dL	0.04 (-0.08, 0.15)	-0.03 (-0.15, 0.09)	0.06 (-0.10, 0.23)
Alkaline Phosphate, U/L	-0.33 (-6.63, 5.67)	1.80 (-5.14, 8.74)	-2.13 (-11.75, 7.49)
Red Blood Cell Count, cell/L	-0.07 (-0.18, 0.04)	0.00 (-0.11, 0.11)	-0.07 (-0.23, 0.09)
White Blood Cell Count, cells/L	-0.42 (-0.85, 0.02)	0.37 (-0.10, 0.85)	-0.79 (-2.44, -0.13)
Hematocrit, L/L	0.29 (-1.78, 2.37)	-2.70 (-4.82, -0.58)	3.00 (-0.06, 6.05)
Platelet Count, cells/L	-17.02 (-33.37, -0.66)	3.56 (-13.66, 20.79)	-20.58 (-44.61, 3.44)

Clinical chemistry and hematology safety outcomes were evaluated from baseline to week 12. Values are reported as the estimate mean difference and 95% CI. Abbreviations: BFR—blood-flow restriction, MIRT—moderate-intensity resistance training.