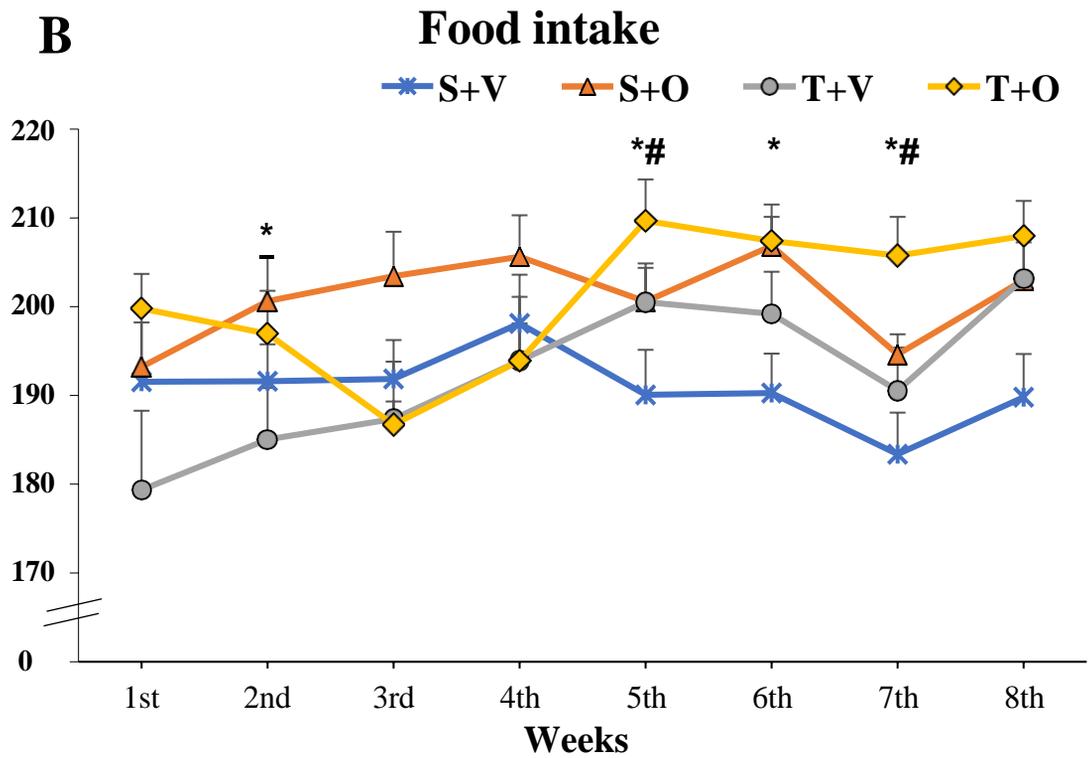


**Appendix 1A.** Dynamics of body weight during the experiment (Mean±SEM). Group S+V (n=10); group S+O (n=9); group T+V (n=9); group T+O (n=10). The effects of ostarine and training were not significant in all weeks ( $P>0.05$ , two-way ANOVA).

**B**

**Appendix 1B.** Dynamics of food intake during the experiment (Mean±SEM). Group S+V (n=10); group S+O (n=9); group T+V (n=9); group T+O (n=10); \* significant effect of ostarine; # significant effect of training (P<0.05, two-way ANOVA).